REDBOOK

THE **Confessions** ISSUE!

Chelsea Handler

...is no angel! She starts confessing on the next page➤

LOOK YOUNGER WITHOUT SPENDING A DIME
p.56

Pssst...

Sneaky ways to save $5,000

Whoa!

Secrets men keep

(Like what he misses about casual sex)

Who knew?

Evil little things that make you fat

Don't tell:

How to cheat in the kitchen

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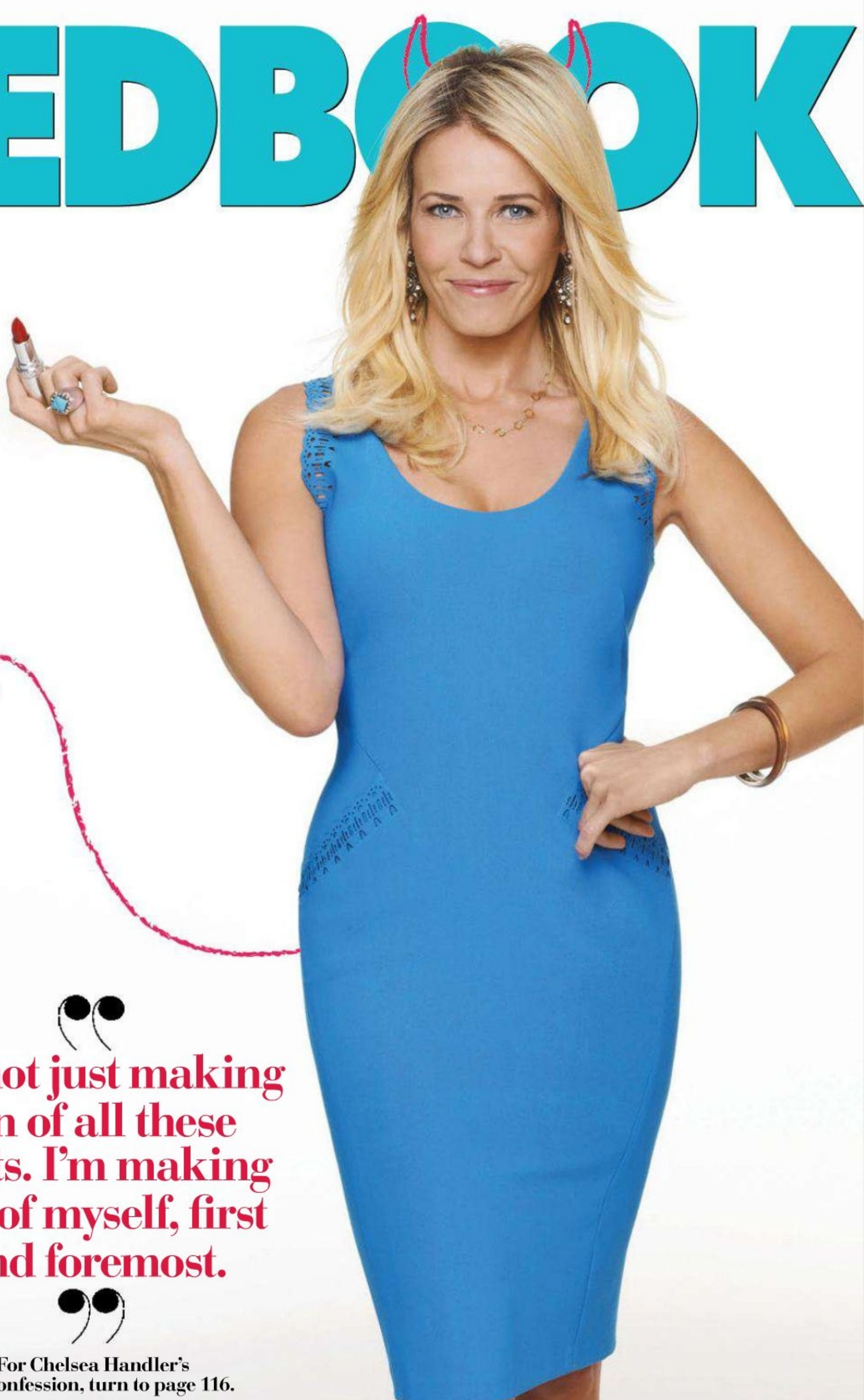

PHOTOGRAPHED BY BRIAN BOWEN SMITH. SEE SHOPPING GUIDE, LAST PAGES, FOR CLOTHING DETAILS.

I'm not just making fun of all these idiots. I'm making fun of myself, first and foremost.

For Chelsea Handler's full confession, turn to page 116.

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Chelsea Handler photographed exclusively for REDBOOK by Brian Bowen Smith. Hair: Adir Abergel for Frédéric Fekkai at StarworksArtists.com. Makeup: Gina Monaci at Starworks Artists.com. Manicure: Joanie Moscatello for Exclusive Artists/OPI. Stylist: Julie Matos at Ford. Dress: Stella McCartney. Earrings and large gold cuff: Alexis Bittar. All other jewelry: Chelsea's own. Prop stylist: Rae Scanlon at Walter Schupfer Management. Get Chelsea's cover look with Illegal Length Fiber Extensions Mascara in Black, Dream Bouncy Blush in Rose Petal, and Shine Sensational Lip Gloss in Freshly Sliced by Maybelline New York; and Hi-Rise Lift Root Booster by Garnier Fructis Style.

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EDITOR'S NOTEBOOK

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Let's all come clean

When did we know that senior editor Caitlin Moscatello was going to do well at REDBOOK? The day she told us about her bedbug breakup. She was attending our weekly ideas meeting for the first time, still in the name-learning stage of her new job. Someone mentioned the nationwide bedbug epidemic, and Caitlin piped right up, explaining that she had just rid herself of the eensy bloodsuckers, along with the boyfriend who brought them into her apartment. She could have told this story about "a friend," or glossed over the details, but no—she held back nothing, even drawing us a picture of what bedbug poop looks like. First I thought, *That's gross.* Then, *I love her.*

Caitlin wound up writing a hilarious story for REDBOOK about how she battled her infestation and the PTBD (post-traumatic bedbug disorder) that followed. Lots of you read it and wrote to thank her for her honesty and her extermination tips. It was another in a long line of stories that began as a casual confession between editors, and this month we're going whole hog. We decided to theme the entire issue around confessions—some shocking, some goofy, but all of them helpful. Maybe the secrets revealed here will make you feel more normal, or at least more entitled to be strange. Perhaps they'll motivate you to change an unhealthy habit, be a dork with your guy, or, as we say on the cover, "cheat in the kitchen." (*Of course* that dinner is homemade. Just not by you!) Our main wish, though, is that this issue liberates you to be more honest with your friends. Make your next girls' night a big ol' confession session... and may I recommend a nice shiraz with that? Then tell me what you say and hear—no names needed—and look for your tipsiest truths in an upcoming issue. Cheers!

SHOP THE COVER

Get Chelsea's angelic look... for less!

Dress, Taylor Dress, $158; Von Maur. Cuff, Skinny by Jessica Elliot, $40; skinnystyle.com.

Jill Herzig, Editor-in-Chief
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MARCH'S CLICK LIST

Strange ways he says "I love you"

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Find out what he was *really* doing when he gave you bowling shoes for your birthday, and the meaning behind all those other man bloopers.

5 healthy breakfasts to fill up on

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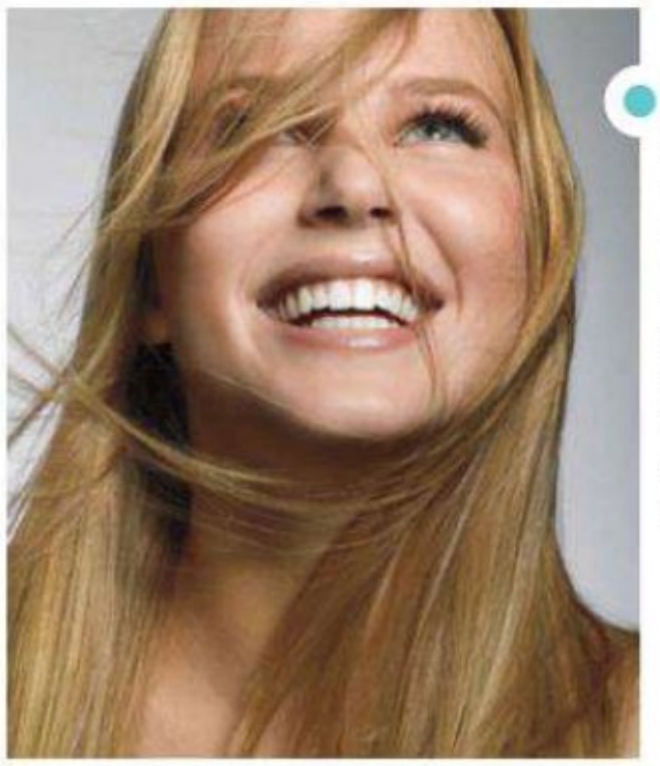
Drop that muffin! Our resident Hungry Girl shares delicious recipes for eggs, pancakes, and bacon (yes, bacon!)—all 300 calories or less.



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redbookmag.com/silkystraight

Let's admit it: Almost nobody can pull off the frizzy-hair look. So use our styling tips for wavy, curly, and kinky types. Plus, the three things you need to know before considering a chemical straightening treatment.

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tweet! tweet!

Have something to say about a story in this issue? Our editor-in-chief would love to hear from you! Tweet her your questions and comments @RedbookJill.

DO YOU HAVE A *HOT* HUSBAND?

We thought so! Tell us about him at redbookmag.com /hothusbands2013 and enter him to win our America's Hottest Husband contest. (The prize is an incredible trip for *both* of you.) See page 155 for details.

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This month's STAFF CHALLENGE:
In honor of our "confessions" issue, we set up a "secrets box" in the office. Here's what we found inside:

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CONFESSION #1

"The earrings my best friend gave me to wear as her maid of honor were so heinous that I pretended to lose them just before the big day. She still has no idea."

CONFESSION #2

"I brought store-bought brownies to a holiday office party and passed them off as my own!"

CONFESSION #3

"I developed a little crush on my husband's best friend. Luckily, it went away and I never told him."

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This month's STAFF CHALLENGE:
Own up and share a secret, in honor of our "confessions" issue. No names, because these are *juicy*.

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CONFESSION #4

"I totally snoop on my husband's Facebook if he leaves it open."

CONFESSION #5

"I met my boyfriend on okcupid.com. But if anybody asks, it's 'a really cute restaurant on Bedford Avenue,' because, well, that's where we *technically* met."

CONFESSION #6

"When I went back to college for an alumni event, I made out with one of my best guy friends. That would have been fine, but I have a boyfriend!"

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"When we thumb our noses at rules, should we be surprised when our kids follow suit?"

HOTNESS FOR ALL

My husband was so excited to see Kate Beckinsale on the January cover—and as I flipped through, I saw Josh Holloway ["Manifesto"]. Something for me! I'll save this issue for a long time.
—LESLIE CALDWELL BROWN, *via Facebook*

MODERN MONOGAMY

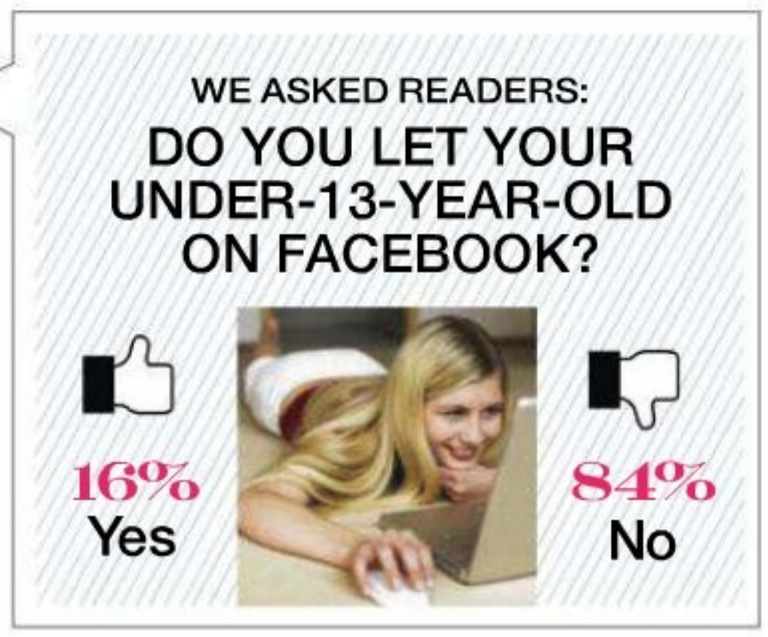
"Happily Married... Swingers?" [January] was pathetic. This "completely" committed couple is considering having sex with other people to strengthen their relationship? I'm sorry, but the foundation of a marriage isn't sex. Relationships are strengthened by dealing with everyday things like bills, kids, and goals because you've decided to make it work. If more people focused on those things, there would be less of a need for swinging. —EKTA GARG, *Midvale, UT*

We recently started swinging, and it has done wonders for our sex life. It works because we're a team: We do everything together, from emails to playdates. Swinging isn't for everyone, and it isn't a fix for a problem relationship—you have to be really secure to handle "sharing"—but I'm so glad we made this choice. Oh, and surprise: We're a Christian household!
—ELIZABETH J., *San Jose, CA*

TOO YOUNG FOR FACEBOOK?

When I read "Underage on Facebook" [January], it was interesting to wonder if the parents that "sat with their children as they typed in a fake birthday" to "join the crowd" are the same people who think nothing of providing underage kids with alcohol so they can be popular. Whether we agree with Facebook's under-13 policy or not, when we thumb our noses at rules, should we be surprised when our kids follow suit? —SUSAN MILLER, *Richmond, IN*

I allowed my oldest daughter on Facebook at 12, but I have a shadow key-logger program that records every keystroke, and I regularly comb through her Facebook and email. Parents need to use the tools available to them so they can guide their kids. Parenting rules haven't changed—the level of involvement has.
—COLLEEN LEATHERS, *Lansing, MI*



WE APOLOGIZE...

As editors, we're always learning—and sometimes we learn by making mistakes. In January's "Spill, Vent, Gossip, Go!" section, we published a jokey poll that asked what readers would name Michelle Duggar's 20th baby. The issue was already (and irretrievably) on its way to newsstands when we learned that she had miscarried. We felt terrible about our badly timed attempt at humor even before we started getting letters from our readers. Our apologies go out to the Duggar family, and to all of you.

REDBOOK READERS MAKE A BIG DIFFERENCE!

When Nancy Miller read "6 Simple Ways *You* Can Help Kids Learn to Read" [October], she was inspired, so she arranged a book drive and shipped the goods to Jodie Luciano, a teacher at an under-funded elementary school. The reaction was amazing: "How can we thank you enough?" Luciano wrote. "As I unpacked the books, the kids asked, 'Can we have them? Can we take them home?' Then someone noticed the pencils! '*Do we get a pencil too?*' You would have thought it was Christmas morning." Erin Walters was also moved to help: "After reading about the Pajama Program [which donates new pj's to kids in shelters] in 'Let's Make Sure Every Child Gets a Gift' [December], two friends and I rallied everyone we knew to gather as many supplies as we could. In two weeks, we had 111 pairs of new pajamas and 66 books! Now, many underprivileged kids in our area will have warm pj's and a book to cuddle up with. Thanks for providing me with a way to give back."

Luciano's students dive into their new reading materials.

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2. *Hey! You know what* else *is ready to rise and shine?*
3. *I had that dream where you turned into a walrus again.*
4. Now *I remember what I forgot at the store… coffee.*
5. *Do you hear the baby? He won't stop until someone goes in there.*
6. *Mommy, how come you and daddy aren't wearing any clothes?*
7. *Hello. It's the police.*

—COMPILED BY TRICIA STREAM OF STREAMDOUBLETROUBLE.COM, WITH HELP FROM HER READERS

GIRL CODE

WOULD YOU WANT YOUR **FRIENDS** TO TELL YOU IF THEY KNEW YOUR HUSBAND WAS **CHEATING**?

Vanessa Bryant's girlfriends allegedly let her in on the news that **Kobe** hadn't been faithful.

94 percent of you said…

Yes

"I would. I lived this scenario, and I was appalled that no one told me my husband of 28 years had been cheating for *five* of them. I felt disrespected and resentful!"
—LAURIE, CLOVIS, CA

"Yes! Regardless of the outcome of my marriage or my friendship with the person who told me, I wouldn't want to be ignorant and made a fool of behind my back."
—SABRINAMARYKAY LIGHTFOOT, VIA FACEBOOK

ARMED AND FABULOUS

You can now buy pepper spray that's bedazzled with crystals!

DO **YOU** CARRY PEPPER SPRAY?

55%	45%
YES	NO

FROM TOP: ALDON/GETTY IMAGES, WIREIMAGE/GETTY IMAGES, COURTESY OF GUARDIAN GIRLS.

SPILL VENT GOSSIP GO!

R U SERIOUS?

DO YOU EVER **SEXT** YOUR GUY?

66% **YES**

34% **NO**

"I send texts that make my guy race home from work. They say anything from 'I can't get my bra off—emergency, I need help!' to 'There's a naked woman in your bed.' They do the trick." —EMILY LOUISE HAMILTON, VIA FACEBOOK

"Nope, no blackmail-in-the-making for us!" —DIANE KRUEGER, VIA FACEBOOK

WOW, THAT WAS *EMBARRASSING!*

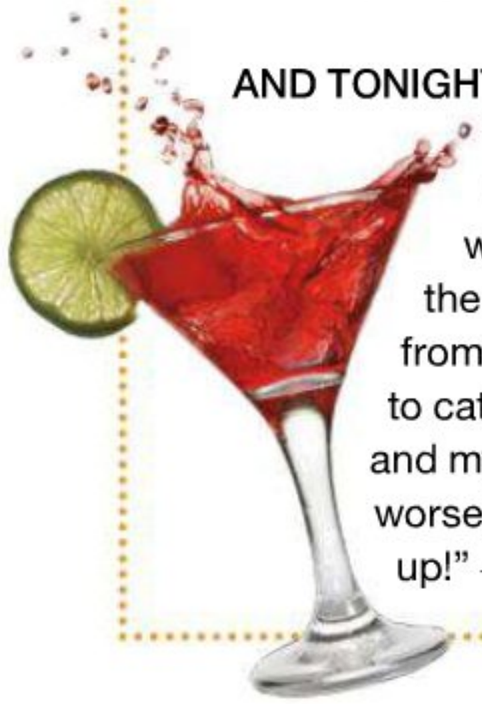
MAKE YOURSELF COMFORTABLE

"My friend gifted me a haircut at a fancy salon. When they gave me the robe to put on, I went into the changing room and took off *everything*—clothes, shoes, underwear. It wasn't until I was sitting in the stylist's chair that I realized everyone else still had their pants and shoes on. I sat through my haircut like I was at the doctor's office for a physical!" —C.F., LOS ANGELES

NERVOUS MUCH?

"I was anxiously depositing a check at a bank in a dodgy section of town when a guy came to the window next to me. After he finished, he walked right by me, and for some crazy reason I thought he had snatched my bag off the counter. I made a scene, running after him and shouting, 'You stole my purse!' When I caught up to him, he *very* nicely pointed out that my bag was on my arm the whole time." —A.N., MILWAUKEE

AND TONIGHT'S ENTERTAINMENT IS...



"One night, I was decked out in a tight dress and high heels at a swanky club. The floor was slippery, and as I stepped away from the bar, my front foot began sliding out from under me. It happened too quickly for me to catch myself, so I helplessly fell into a split—and my skirt rode up around my waist. What's worse, I was stuck there until a friend hoisted me up!" —L.E., DEDHAM, MA

WE ASKED ON FACEBOOK:

WHAT DID YOUR OLDER KID WANT TO NAME YOUR YOUNGER ONE?

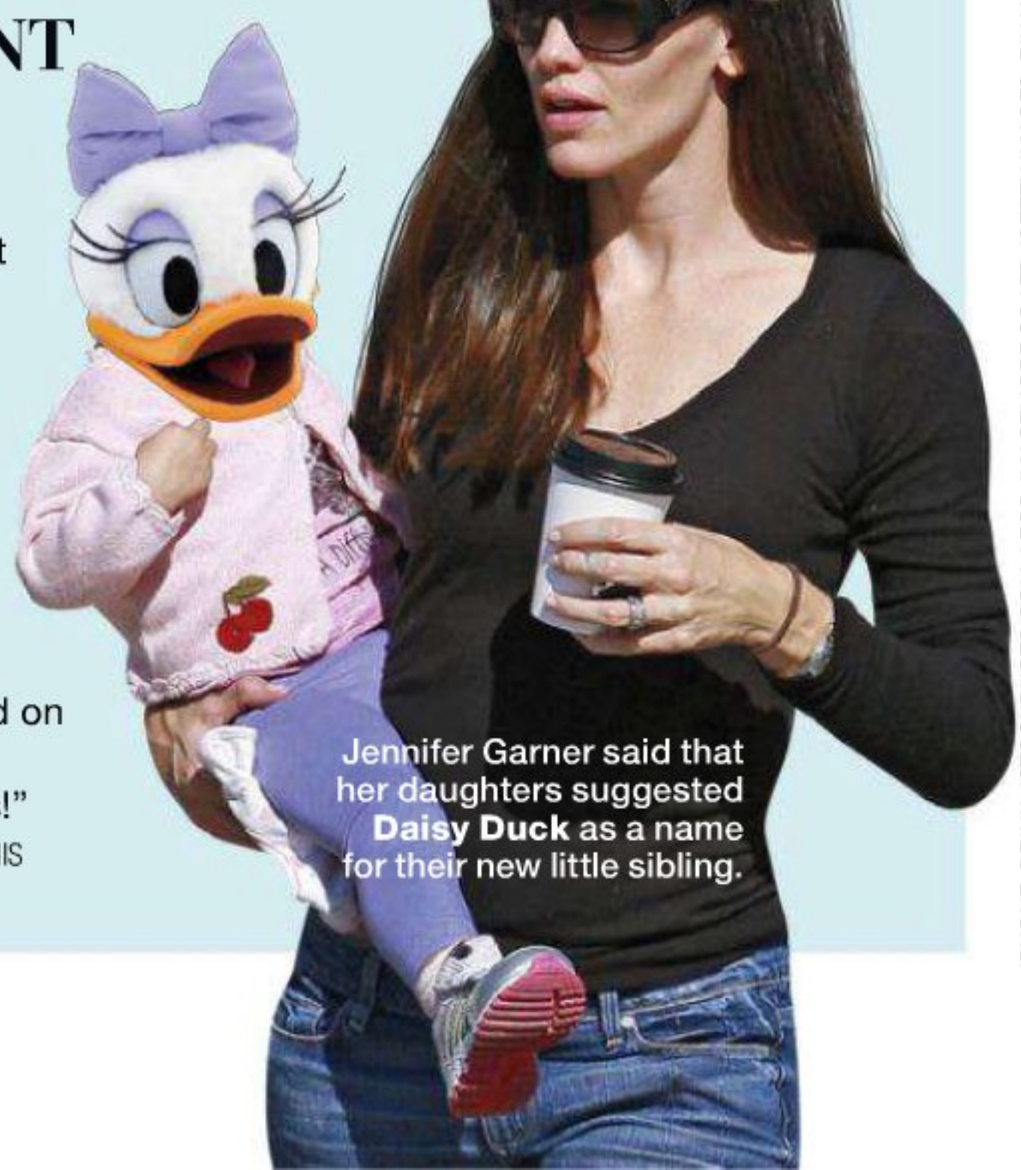
"My 11-year-old son was desperate to call my daughter **Rihanna**." —KATIE RUSHING

"I'm pregnant with my third daughter, and my 4-year-old wants to name her **Zuma Applesauce**. She's told *everyone*, so now people we know just refer to the baby that way." —LINDSIE NOFSINGER NEWTZ

"My 9-year-old is begging me to name his unborn brother **Xbox**." —HILLARY PREN

"I was pregnant with my second son in 1994. My oldest wanted to name the baby **Mufasa**. When we gently said no, he suggested **Simba**. I'll never forget what the big movie was that year." —ELIZABETH LANE

"My two boys tried to name my third **Pizza** or **Chicken**. They have food on the mind at all times!" —TAMMY ANNIS



Jennifer Garner said that her daughters suggested **Daisy Duck** as a name for their new little sibling.

IPHONE, DRINK: ISTOCKPHOTO.COM. LEGS: IMAGEMORE CO LTD./GETTY IMAGES. PIZZA: LEW ROBERTSON/GETTY IMAGES. RIHANNA, DAISY DUCK: GETTY IMAGES. GARNER: WIREIMAGE/GETTY IMAGES.

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SPILL VENT GOSSIP GO!

MOMMY-BLOGGER FACE-OFF

Marriage rates in the United States have hit an all-time low, at 51 percent.

DO YOU THINK **MARRIAGE** STILL **MATTERS**?

✓ NO

A promise is a promise.

My boyfriend and I have shared a home for over seven years, have two children, a dog, and a mortgage—and we don't consider ourselves any different than our legally-bound friends. Personally, I think of marriage as a religious institution, and as someone who doesn't practice any faith, that push to get hitched was just never there. I found the man I wanted to spend my life with, and it was as simple as that. Our kids have a loving, stable home and two parents who are crazy about each other. Isn't that all anyone could ask for?

Cohabitational relationships have legal and social standing these days; my friends and kids' teachers don't necessarily know or care whether or not I am legally wed. What they do know is that we have a complete, secure, and very happy family. I think a promise is a promise, and it's just as valuable whether you say it in front of other people or not. My vow to love my partner through thick and thin is just as binding as a wedding band or a piece of paper from the county registrar. For me, it's even more meaningful, because I didn't need to pay a witness to hold me to it; I'm doing it because I want to. I have total respect for those who choose to marry, but it's not a priority for us. —MARANDA CARVELL, MOMICON.COM

✓ YES

It binds us together—forever.

Marriage absolutely matters. It means that the man I am giving it all to, risking it all for, sharing my life completely with, is also risking, sharing, and giving his all for me. I would have a hard time pouring years of effort into a relationship without the promise of a binding commitment. It's not that I think my husband would ever cheat—with or without a wedding band, I know it would never happen. But I find so much hope and protection in the fact that he stood up in front of others to commit his life to me. It matters to our kids, too. Because they have parents who are married, they feel added comfort and security in the institution. To me, marriage takes a relationship from "Cool, this will probably work" to "This is *ours*, and we will make it work." My husband and I have been hitched for 17 years, and we know that life is hard, as is marriage. Neither of us always feels romantic or passionate. We don't always like each other. But I believe that the marriage promise is like extra stitching in a delicate seam of life—without it, who knows whether everything would fall apart. —JENNY INGRAM, JENNYONTHESPOT.COM

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LONDON PARIS NEW YORK

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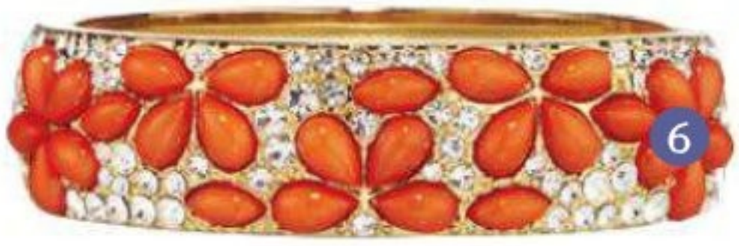
CELEBRATE THE ARRIVAL OF WARMER WEATHER (HALLELUJAH!) WITH THE **NICEST FRUGAL FINDS** THIS SIDE OF SPRING.



STUDIO D. STYLIST: MARIANA VERA FOR HALLEY RESOURCES. PILLOW, VASE: COURTESY OF MANUFACTURERS.

1 Throw this on your couch and believe, once and for all, in the possibility of reincarnation. Back Bay hook pillow, $48; laylagrayce.com. 2 Make all those black-coat-wearers green with envy. Merona for Target jacket, $39.99; target.com. 3 Each print from this glam little camera repeats the same image nine times, like instant Pop Art. (Somewhere, Andy Warhol is smiling.) Pop9 camera, $39; lomography.com. 4 One swipe of this knit-witty blush on your cheeks warms up your whole face. Cashmere Wear Blush in Rose, $12.95; physiciansformula.com. 5 Spring is in the air—and on your coffee table. Vase, $7.99; ikea.com. 6 A bracelet so cheery it's like wearing Prozac on your wrist. IsaacMizrahiLive! for QVC, $49.50; qvc.com. 7 This floaty top gives you an artful color-blocked look, without thinking about it. Nicole by Nicole Miller top, $20; jcp.com.

Photographed by Greg Marino

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8 Toss on this necklace and your jeans-and-a-tee outfit will become stop-, stare-, and swoon-worthy. Necklace, $36; meetmark.com. 9 This cup's removable (and washable) sweater protects fingertips from too-hot joe. Knit Color Cozy mug, $26; leifshop.com. 10 Just call us Ishmael, 'cause we're obsessed with this sweater's whimsical whale. Sweater, $49.50; aerie.com. 11 A cuff that's part punk rock, part African savanna… and entirely awesome. Bracelet, $28; shopbelina.com. 12 These one-of-a-kind creations, made from cotton scarves, will turn you into something you never would've imagined: a shag-rug lover. Scarf strips rag rug, $28; urbanoutfitters.com. 13 What's black, off-white, and red all over? Your new sexy date-night shoes (bah-dum-bum). Wedges, $34; avon.com. 14 This oven mitt from a classic French brand makes even roast chicken feel like gourmet *poulet*. Saubuse oven mitt, $25; bonmarcheonline.com.

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A rustic-chic candlestick

WHOA! WHERE TO LOOK? IT'S ALL TOO **ADORABLE!**

15 Poof! This foundation-and-brush duo makes imperfections disappear. (Our beauty department says to buff it on in circular motions.) Tarte Amazonian Clay Full Coverage Foundation and Airbrush Finish Foundation Brush, $38 for both; qvc.com. 16 Use an old-school hourglass to time a game of "Who can clean up Legos the fastest?" Hourglass, $38; apartment48.com. 17 Turn your afternoon cup of Earl Grey into a solo tea party. Tea for one, $22.50; spoonsisters.com. 18 Don't be fooled: This waist-cinching, curve-brushing dress is *s-e-x-y*. Dress, $24.80; forever21.com. 19 Be the cutest hostess by labeling cheese with these li'l figurines. Writeable cheese markers, $21; peppersproutdesigns.com. 20 The only other way to get a bag this luxe for so little is *soo* not legal. Bag, $39.95; shoedazzle.com. 21 A fun pop of color for your mantelpiece. Candlestick, $36; blisslivinghome.com. 22 Your new MVP flats—they'll make everything you wear feel hip. Isabel Toledo for Payless loafers, $44.99; payless.com.

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23 Because even bad girls need tiny, office-appropriate studs. Earrings, $29; stelladot.com. 24 Nope, you really aren't too old (or too cool) to be splashing in puddles. Rain boots, $49; sakroots.com. 25 Two fantastic trends—pleated skirt, tie-neck blouse—in one throw-it-on dress. Esley dress, $49; lulus.com. 26 Say no to the stinky turtle from the pet shop, but yes to this precious, sparkly brooch. Pin, $38; carolee.com. 27 A watch that's equally at ease at a BBQ or the opera… just like your dream man, yes? Watch, $29.95; sendthetrend.com. 28 Shoes to turn even Wednesday into "Dirty-dance with the hubster" night. N by Nicole Miller heels, $40; jcp.com. 29 This bag is too cute to dump on the floor. Ask the maître d' to give it its very own chair. Bag, $48; fashionjunkee.com. 30 Feminine, alluring, and definitely not your grandma's rose perfume. Eau Rose roll-on fragrance, $48 for .7 oz; diptyqueparis.com.

20 UNDER $20

$17 FLATS! AN $18 TOP! AND ENOUGH BUDGET BEAUTY

31 A classic monogrammed case for the most modern of gadgets. E-reader case, $14; westelm.com. 32 Cleavage-grazing blue baubles (eyes up here, everyone!). Goldtone necklace, $17.99; overstock.com. 33 Now that the grass is green, your nails should be too! 3 Free Nail Lacquer in Bossy Boots, $14; butterlondon.com. 34 For your artsy scribbles, or to stave off toddler meltdowns. Playon crayons, $12 for 12; raredevice.net. 35 A dab of this all-natural moisturizer goes an amazingly long way. Steamcream, $18; topshop.com. 36 Sunny hat days are here again, huzzah! Fedora, $12.99; target.com. 37 Here are the cute shoes—now go find the yacht. Flats, $16.90; gojane.com. 38 Possibly the most charming set of glasses *ever*. Babushkups nesting glasses, $19; daytripsociety.com. 39 This funky mini-sculpture will give a boring shelf some serious pizazz. Urchin objet, $19.99; dwellstudio.com (enter REDBOOK at checkout). 40 A knife with brawn *and* beauty? We'll marry it! Santoku knife, $19.95; bodum.com.

E-READER CASE: COURTESY OF MANUFACTURER.

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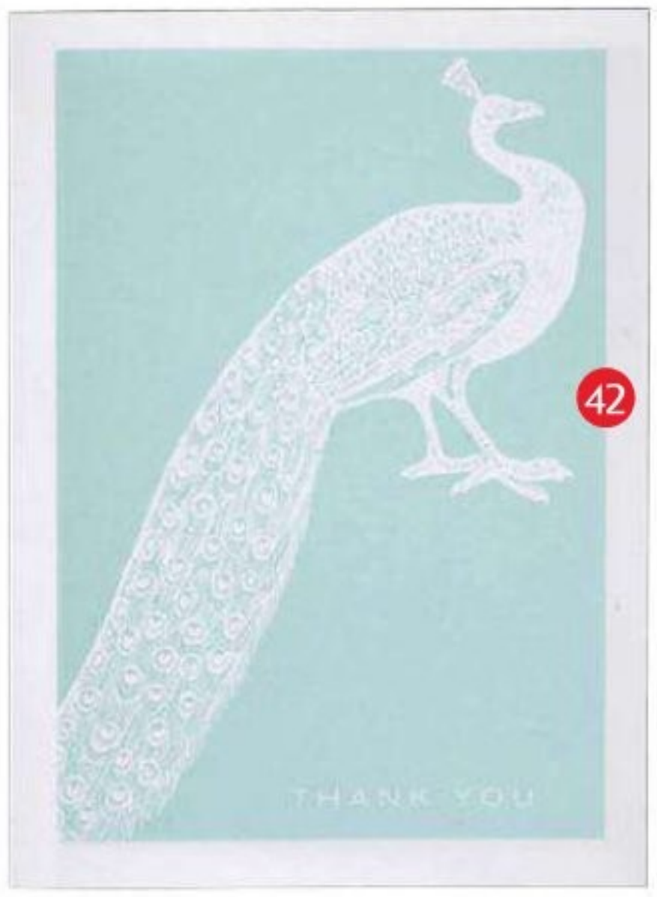


BOOTY TO KEEP YOU **SUPER-GLAM** ALL SEASON LONG.

41 A stripey-happy-slouchy tee. Top, $17.94; oldnavy.com. 42 Give your texting thumbs a rest and *really* thank a pal by sending one of these. Note cards, $16.95 for 8; jfalkner.com. 43 A swipe of this at your lash lines and you'll smolder. JK Jemma Kidd Hi-Design Eye Colour in Trend, $16; target.com. 44 A stylish woman never outgrows a pretty bow at the waist. Belt, $9.50; flirtcatalog.com. 45 Super-fun lipsticks at a price so low you can play around. Wet n Wild MegaLast Lip Color in Cherry Picking, Pinkerbell, and Don't Blink Pink, $1.99 each; walmart.com. 46 A cream eyeshadow with true staying power. Creaseless Cream Eyeshadow/Liner in Stiletto, $19; benefitcosmetics.com. 47 Hey! Quit singin' in the rain! Umbrella, $19.95; jimeale.com. 48 The juiciest peach gloss. Tendertone Lip Balm in Purring, $15; maccosmetics.com. 49 This cool print will get you through the last cold snap. Scarf, $17.95; affordablescarves.com. 50 Retro red shades to hide behind and still look friendly. Sunglasses, $14; fredflare.com.

Free stuff!

Gorgeous **jewelry**, new **shoes**, and mega **shopping sprees**—all thanks to the giveaway gods this month. Enter to win at redbookmag.com/freebies.

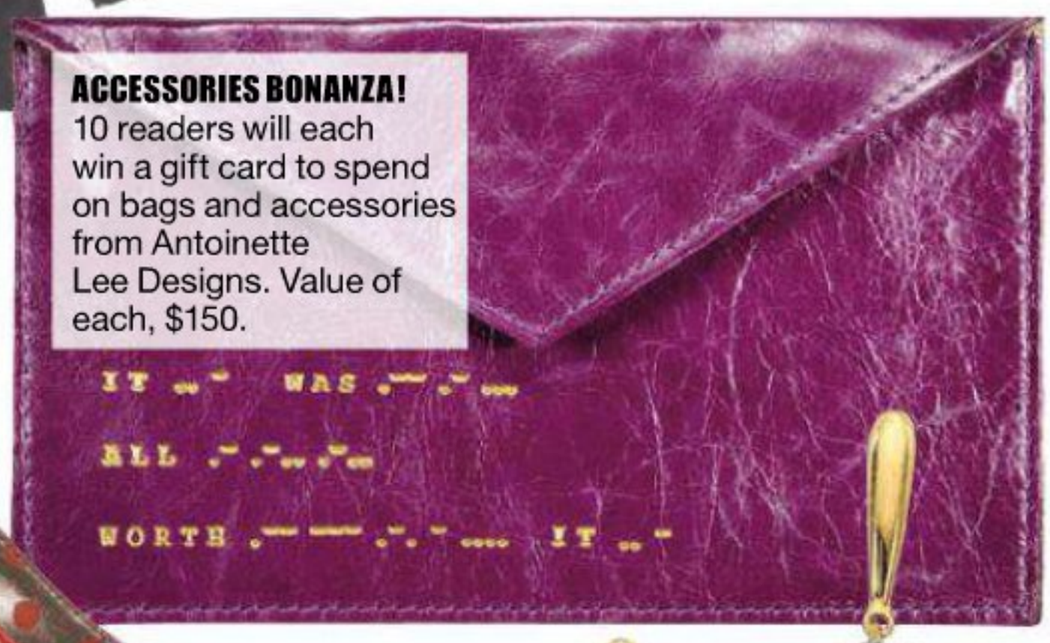
BEAUTEOUS BLUSH
70 readers will each win this universally flattering pink blush from Cargo. Value of each, $26.

BEACHY ESCAPE
1 reader will win a luxurious, all-inclusive 3-night stay for 2 in an ocean-view room at the Villa del Palmar Hotel Cancun, including all meals and beverages and a dinner for 2 made by your own personal chef. Plus, $1,500 in airfare provided by Orbitz. Total retail value, $3,228.

THE IDEAL JACKET
10 readers will each win this tie-waist jacket from organic clothing company Amour Vert. Value of each, $129.

A YEAR OF FREE MOVIES
10 readers will each win a 12-month unlimited-streaming subscription to Netflix, plus an Apple TV device to instantly stream movies and TV. Value of set, $195.

A DESIGNER BEAUTY SPREE
15 readers will each win a gift card to spend at FragranceNet.com, to stock up on makeup, candles, and fragrances. Value of each, $100.



ACCESSORIES BONANZA!
10 readers will each win a gift card to spend on bags and accessories from Antoinette Lee Designs. Value of each, $150.

NEW SPRING SHOES (HOORAY)
30 readers will each win a gift card to spend on flirty heels, bright ballet flats, and more from Famous Footwear. Value of each, $50.

AWESOME SKIN CARE
150 readers will each win a Restructure Firming Duo from Kinerase, which includes a face and eye cream to give you a youthful, glow-y complexion. Value of set, $157.

SPARKLY DROPS
1 reader will win a pair of 18K gold earrings from Jewelista. Total retail value, $1,450.

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FOR DETAILS, SEE PAGE 154. (NO PURCHASE NECESSARY.)

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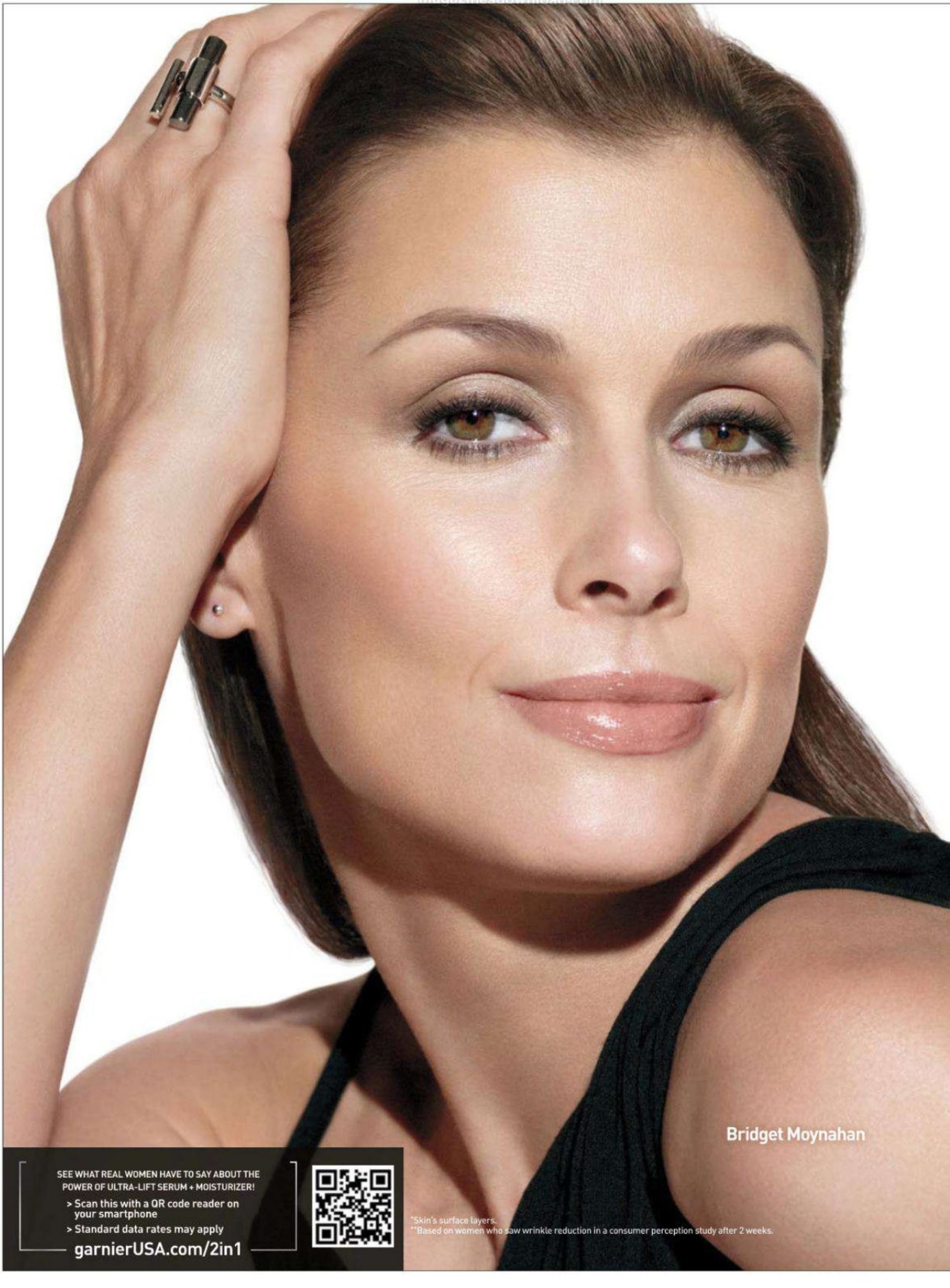

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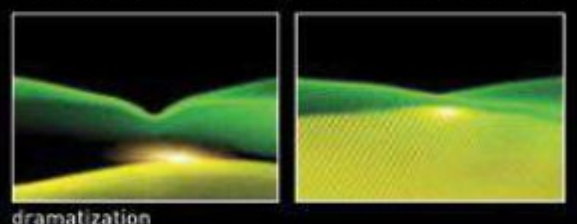

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UNFORGETTABLE MOMENTS

WHAT TO WEAR

GREAT CLOTHES FOR REAL LIFE

PHOTOGRAPHED BY ROGER NEVE. HAIR: LINH NGUYEN FOR TRESEMME. MAKEUP: VIKTORIJA BOWERS FOR URBAN DECAY AT KATE RYAN INC. KENNEDY: TIME & LIFE PICTURES/GETTY IMAGES.

TREND WITH BENEFITS

Jackie O. dresses

Dress, Trina Turk, $388; trinaturk.com. Ring, Anuja Tolia, $225; anujatolia.com. Bag, White House Black Market, $88; whbm.com. Earrings, Silpada Designs, $46; silpada.com.

Why you need a simply-cut, **nipped-in wonder**:

1 These dresses are as polished as can be (not unlike the First Lady who made them famous). No matter how crazed you are before you throw one on, afterward you're all cool, calm grace.

2 They're masters of disguise: A defined waist will pare five pounds off your middle; sleeved styles hide wiggly arms.

3 They're *very* hard workers, as good for cocktails as they are for the office as they are for… anything!

TREND WITH BENEFITS

9 LOVE-'EM-FOREVER DRESSES

1

2

3

4

5

6

7

8

9

AND FOR THE SHOES...

GO RETRO-CHIC IN KITTEN HEELS

Nicole, $99; musthaveshoes.com.

Talbots, $139; talbots.com.

Calvin Klein, $99; Macy's.

For a night out, make like Carey Mulligan in a gleamy fabric.

1 L.L.Bean Signature, $119; llbeansignature.com. **2** H&M, $70; hm.com for store locations. **3** David Yo, $400; searlenyc.com. **4** Jessica Simpson, $128; select Dillard's. **5** David Meister, $395; davidmeister.com. **6** Charter Club, $89; Macy's. **7** J.McLaughlin, $275; jmclaughlin.com. **8** White House Black Market, $168; whbm.com. **9** Eva Franco, $294; evafranco.com.

STILLS: BEN GOLDSTEIN/STUDIO D. STYLIST: KRISTY VANT FOR MARK EDWARD INC. MULLIGAN: WIREIMAGE/GETTY IMAGES.

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Switch to a V-neck!

Forever 21, $14.50; forever21.com.

You see a simple sweater; we see a myriad of fashion possibilities. Let this soft little **multitasker** take over, and give your cardigan a break.

1 *Be a (subtle) princess*

A lacy skirt and sparkly extras become throw-it-on cool topped with an easy sweater.

Necklace, Kenneth Jay Lane, $113; maxandchloe .com. Skirt, Talbots, $129; talbots.com. Clutch, Vieta, $65; vietafashion.com. Heels, Libby Edelman, $99; Lord & Taylor.

2 *Brighten up your attitude*

Trust us: This pink dress will make you happy all Wednesday long. And with the sweater layered over, it's perfectly professional.

Dress, Calvin Klein, $128; Nordstrom. Belt, Vince Camuto, $38; vincecamuto .com. Bracelet, Ann Taylor, $78; anntaylor.com. Bag, Z Spoke by Zac Posen, $425; bloomingdales.com. Heels, Franco Sarto, $99; shoes.com.

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4
Blow the yacht club away

Or just leave the other ladies at the playground in awe with this extra-cute shorts-and-printed-shirt outfit.

Sunglasses, Michael Stars, $106; michaelstars.com. Shirt, Needham Lane, $54; needhamlane.com. Shorts, Nautica, $69; nautica.com. Bracelet, Belina, $28; shopbelina.com. Moccasins, Minnetonka, $49.95; shoebuy.com.

5
Have a snappy Saturday

With a jacket this crisp and jeans this fun, your V-neck won't feel at all basic.

Earrings, Carolee, $38; carolee.com. Jacket, Tommy Hilfiger, $150; Macy's. Jeans, DKNY Jeans, $44; macys.com. Bag, Liz Claiborne by JCPenney, $90; jcp.com. Oxfords, Hush Puppies, $140; hushpuppies.com.

3
Go lazy-elegant

Is there anything that can make sweats look super-chic? Why, yes. Yes, there is.

Scarf, Loft, $34.50; loft.com. Watch, Ice-Watch, $110; us.ice-watch.com. Sweatpants, Lands' End Canvas, $50; landsendcanvas.com. Sneakers, FitFlop, $135; tiptopshoes.com. Bag, L.L.Bean, $29.95; llbean.com.

BEN GOLDSTEIN/STUDIO D. STYLIST: KRISTY VANT FOR MARK EDWARD INC.

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FINALLY... IN LÖVE

Suave Professionals® Stylist Jenny Cho is known for creating a wide range of looks that her A-list clients fall in love with. "The first step to great style is a great shampoo," says Jenny, "especially if you suffer from dandruff!" With new **Suave® Scalp Solutions** in three great scents, you can begin building a better relationship with your anti-dandruff shampoo, without sacrificing beautiful hair.

"I'm cheating on my anti-dandruff shampoo because I hate the smell and it dries out my hair. How can I fight flakes without the frustration?"

CHO: Suave® Scalp Solutions combines the clinically proven flake-fighting ingredients you need with a fragrance you want, like sweet-smelling **Coconut and Shea Butter**. And with added moisturizing elements, you don't have to compromise.

"I've been restricted to hairstyles that hide my embarrassing dandruff. I want to try trendy hairstyles, but I just don't trust my flaky scalp. Help!"

CHO: With **Suave® Scalp Solutions Revitalizing Mint & Eucalyptus**, you can achieve beautiful-looking hair, without the fear of flakes. Celebrate with a head full of silky curls you can shake out for a quick boost of volume and confidence.

"My itchy, flaky scalp is cramping my style. What's the best way to save time and make sure my look is little-black-dress approved?"

CHO: Establish a routine to keep you flake-free. Brush dry hair daily with a boar bristle brush, which is natural and not too harsh on the scalp. Then try **Suave® Scalp Solutions Ocean Minerals & Aloe 2-in-1** every time you wash for a revitalizing glow on your girls' night out.

Get a free sample of Suave® Scalp Solutions Shampoo and Conditioner!

Suave Scalp Solutions Promotion. Sponsored by Hearst Communications, Inc. To receive a coupon for one (1) free sample of the new Suave Scalp Solutions Shampoo and Conditioner, go online to http://RealBeauty.com/Suave and enter your information. Limited quantities available (1,000). Available only until March 15, 2012, or while supplies last, whichever is sooner. Package includes voucher for 1 Suave Scalp Solutions Shampoo and voucher for 1 Suave Scalp Solutions Conditioner to be redeemed in-store (ARV: $6). Vouchers are not for resale. Open to residents of the 50 United States or District of Columbia who are 18 years or older. Void in Puerto Rico and where prohibited by law. Limit one request per person, per household.

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FINALLY FALL
FOR THE SCENT
OF A DANDRUFF
SHAMPOO

NEW SHAMPOOS &
CONDITIONERS *by*

Suave®
SCALP SOLUTIONS

CLINICALLY PROVEN TO FIGHT FLAKES
Leaving hair healthy, moisturized and beautifully fragrant.

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WHAT WOULD *Kerry Washington* DO?

CRISP
She's supremely polished in a sleek dress and slick accessories.

CASUAL
Kerry takes the prep out of stripes with a big ol' ring and heeled booties.

FUNKY
Some '80s floral, a little leopard, those red shoes… It's confident and very cool.

FROM LEFT: WIREIMAGE/GETTY IMAGES (2), AXELLE/BAUER-GRIFFIN.COM. STILLS: BEN GOLDSTEIN/STUDIO D. WASHINGTON, FROM LEFT: GREG MARINO/STUDIO D. STYLIST: KRISTY VANT FOR MARK EDWARD INC. CLUTCH (FAR LEFT) AND EARRINGS: GREG MARINO/STUDIO D.

Steal Kerry's style! This cute-as-a-button actress makes high fashion look easy—so grab these outfit ideas and *go*.

Sure, Kerry is tiny, but a graphic color-block dress is good on *any* shape.

Dress, Adrianna Papell, $118; nordstrom.com. Earrings, Blue Nile, $45; bluenile.com. Clutch, Truvow, $64; truvow.com. Heels, Calvin Klein, $69; shoes.com.

A slouchy top is the perfect, flattering mate for skinny jeans.

Ring, Spring Street, $30; springstreetdesign.com. Top, Belldini, $89; belldini.com. Jeans, Aéropostale, $24.75; aeropostale.com. Boots, Circa Joan & David, $169; zappos.com. Bag, ShoeDazzle, $39.95; shoedazzle.com.

The key to this fun mix of patterns and colors? Keeping all the shapes simple.

Dress, H&M, $24.95; hm.com for store locations. Clutch, Franchi, $145; S+T, Brooklyn, NY, 718-375-2000. Heels, Nine West, $75; ninewest.com.

Find more issues at magazinesdownload.com

SHE NEGLECTED TO TELL YOU

THE BRIDESMAID DRESSES ARE TWO-PIECE.

CALORIES 5 PER SERVING

Crystal light.

RASPBERRY LEMONADE

Artificial Flavor

ON THE GO

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5 CALORIES. 0 GUILT.
BECAUSE YOU NEVER KNOW.

STAY LIGHT. CRYSTAL LIGHT.

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FIGHTS THE PLAQUE

OTHERS LET BACK.*

and **reduces 90% more plaque** germs than regular toothpaste.**

If you're using regular fluoride toothpaste, germs start to grow back right away. Colgate Total® is different—it keeps working long after you brush to fight germs for a full 12 hours and helps prevent most common oral health issues including plaque, gingivitis, tartar buildup, cavities and bad breath.

Colgate® Total® WHITENING ADVANCED

Colgate Total® Fights Germs for 12 Hours. Ordinary toothpastes don't.

*vs. ordinary, non-antibacterial toothpaste. **vs. ordinary, non-antibacterial toothpaste 12 hours after brushing.

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BEAUTY & HEALTH

INFO TO HELP YOU **LOOK** AND **FEEL GREAT**

5 TRICKS TO...

Perfect your skin with concealer

It's the one product that can hide any problem—and becoming a pro with it is a lot easier than you think. By Kayleigh Donahue

ELINOR CARUCCI/TRUNK ARCHIVE.

Find more issues at magazinesdownload.com

1 OWN TWO FORMULAS

Two concealers are better than one, says Pati Dubroff, a makeup artist for Clarins who works with Naomi Watts and Kate Bosworth. Here's why:

- To hide pimples and dark spots, "you want a thick formula that feels tacky—like a stick or pot concealer," she says. We like MAC Cosmetics Studio Finish Concealer, $17, and Revlon Photoready Concealer, $10.99.
- For dark circles, "a creamy concealer is easier to blend near the delicate eye area," says Dubroff. (Try Lancôme Effacernes concealer, $29.50.) The goal is to brighten, so choose a color that's a notch lighter than your skin: If you're fair, look for a pinkish tone; for medium skin, something peachy; and if you have dark skin, try a warm brown.

2 GET MATCHED

Flummoxed in the drugstore aisle? Celebrity makeup artist Beau Nelson suggests bringing a concealer or foundation you already wear and looking for a similar color. Also, bring a hand mirror so you can hold up shades to your face near a window or door and see how they look in natural light. If there's no clear winner, buy your two closest matches, Dubroff suggests. "Your skin color changes with the seasons, so you really will use both." (And if you're way off, relax: Many retailers, including all CVS stores and drugstore .com, fully refund opened makeup.)

3 Make spots and lines go *poof!*

Concealers can do more than just cover up problems—some of the latest ones help treat them, too:

- **Physicians Formula Youthful Wear Concealer, $12.99,** reduces fine lines with ceramides.
- **Black Opal Fade and Conceal, $6.75,** designed for dark skin, fades pigment spots.
- The salicylic acid in **Almay Clear Complexion Concealer + Treatment Gel, $9.99,** helps calm a zit. To cover that honker, stipple concealer on the spot with a small, pointy brush, then feather the edges to blend. (Try **Laura Mercier Secret Camouflage Concealer Brush, $26.**)

4 USE LESS

The secret to hiding dark circles: Go easy. "It's tempting to pile on the concealer, but too much can make your eyes seem even more tired," says Dubroff. Cover only dark skin, which is typically the inner third of the undereye area. Dab on tiny dots of color, then gently blend with your fingertip. Top it with a tiny bit of highlighting powder, like Sonia Kashuk Brightening Powder, $9.99, or liquid highlighter, such as Clarins Instant Light Brush-On Perfector, $30. "These contain light-reflecting particles for a natural—not matte—finish," Nelson says.

5 EVEN IT ALL OUT

You can use concealer to balance your skin tone and skip foundation altogether. The thick formula that works on blemishes will also hide redness around your nose and mouth, pigment spots on dark skin, and shadows at the outer corners of your eyes (but skip this if you have crow's feet; it'll just emphasize the lines). Hey, look: a flawless complexion!

GREG MARINO/STUDIO D. BRUSH: COURTESY OF MANUFACTURER. WOMAN: ALAMY.

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YOUR CHECKLIST FOR HEAD-TO-TOE *GORGEOUS*

1 **Monet colors for your eyes** Five romantic shadows to get you springy and pretty. Dior 5-Couleurs Garden Edition in The Garden Pastels, $59.

2 **Curves ahead** This cream smooths frizz and adds bounce to all kinds of waves and ringlets. Fekkai Perfectly Luscious Curls Curl Shaper Cream, $24.

3 **Does-it-all cleanser** Some foaming face washes leave skin a little *too* squeaky clean. This one has glycerin to hydrate, plus anise extract to calm redness. Lierac Paris Démaquillant Pureté Purifying Cleanser, $24.

4 **Luxe lotion** The lighter—and less expensive—way to wear fragrance: Chanel's newest scented body milk. Its citrus and jasmine notes smell like a Mediterranean breeze. Chanel Chance Eau Fraîche Body Moisture, $50.

5 **First-kiss flashback** Remember Clinique Black Honey, the iconic berry lipstick we all wore way back when? It has inspired seven new, equally stunning-on-all sheer shades. Clinique Almost Lipstick (here in Spice Honey), $15.

6 **Must-try mani** Finally: a pale lilac polish that isn't chalky. Instead, it's sheer with flecks of iridescent shimmer to make it glisten *just* so. Essie Nail Polish in To Buy or Not to Buy, $8.

7 **Big, brilliant lip balm** It's moisturizing, tinted, and yummy—in a jumbo tube so it won't vanish into the black hole that is your bag. Wet n Wild Juicy Lip Balm SPF 15 in Red Raspberry, $2.99.

8 **Wrinkle-fighting duo** All hail dermatologist Fredric Brandt's new retinol potions (sold separately or together in this starter kit). The day cream has light-reflecting particles to blur fine lines, and the night serum boasts the highest level of retinol available over the counter. Dr. Brandt Glow by Dr. Brandt Introductory Kit, $65.

9 **Spring-fever blush** The final stretch of winter got you down? Dab on this sunset-pink cream blush and start thawing out. Sephora Double Contouring Cream Blush in Poppy Pink, $14.

GREG MARINO/STUDIO D.

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

TIME *on your* SIDE

AUDREY and **VERA** never let their beauty routine drop off the list—even IF their day is full of laundry. Discover their P&G beauty award-winning picks and shortcuts to streamline your daily routine.

1

Crunched for time? Of course you are. But you can work wonders for your hair in 3 minutes flat with the intensely deep conditioning of **AUSSIE 3 MINUTE MIRACLE**.

2

Make the most of nap time and take 10 minutes for yourself. With **CLAIROL ROOT TOUCH-UP**, that's all it takes to extend the life of your color so your roots and grays don't give you away!*

3

VERA:
"No preparation involved. No dentist appointments necessary. Last-minute plans deserve whiter teeth too!"

Want a last-minute makeover for date night? While you're at the park with the kids, whiten your teeth with **CREST 3D WHITE 2 HOUR EXPRESS WHITESTRIPS** for the fastest, most efficient over-the-counter option in just two hours.

4

AUDREY: "Perfect hair is necessary for workdays, but you can't always get it when making a mad dash out of the house. That's when having a great product matters most."

Start your day off right! **HEAD & SHOULDERS SMOOTH & SILKY 2 IN 1** acts as a moisture-rich pick-me-up to soften and smooth frizzy hair as it makes it dandruff-free. Plus, hair feels soft and is light and easy to manage.*

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SPRING Awakening

When the temperatures rise, it's time to refresh your beauty routine. **VERA** and **AUDREY** have you covered. Update your warmer-weather beauty routine with their suggestions for must-have products bearing the seal of approval from your favorite magazines.

5

Between kickboards and board meetings, who has time to squeeze in a wax? As an alternative to (or in between) waxing, the **VENUS® BIKINI TRIMMER** has a safety comb to ensure extra-delicate areas stay protected so you can sport that bathing suit with confidence.

6

AUDREY: "Splurge on a decadent lotion—without the decadent price!"

Don't wait for a vacation to escape. Feel **OLAY LUSCIOUS EMBRACE BODY LOTION** envelop your body like a botanical-infused steam treatment.*

7

VERA: "As a busy working mom, I rely on products that work just as hard as I do, especially as the temperatures climb."

SECRET CLINICAL STRENGTH WATERPROOF ANTIPERSPIRANT/DEODORANT will keep you dry and fresh through heat, humidity and water this spring.

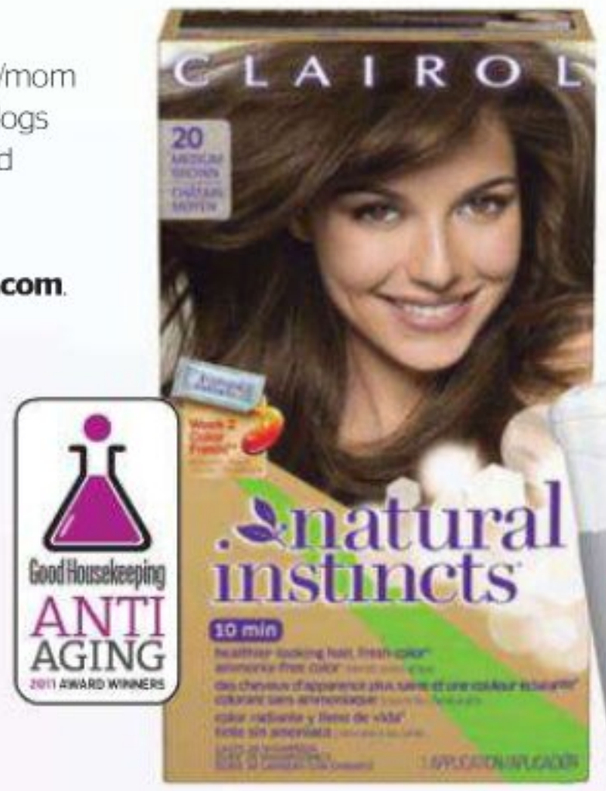
*Clairol Nice 'N Easy Root Touch-Up, Head & Shoulders, and Olay Luscious Embrace Body Lotion have been evaluated and accepted by the Good Housekeeping Research Institute and have earned the Good Housekeeping Seal.

Advertisement

A fresh *NEW* look

Sometimes it's hard to get out of mom-mode. But a pretty, polished style like **VERA**'s is easy to re-create at home, even on the most hectic mornings, with the award-winning beauty products featured here.

VERA SWEENEY is a mom of 2, leading style/mom blogger and founder of 2 blogs (**ImNotObsessed.com** and **LadyandtheBlog.com**) and co-founder of **GettingGorgeousEvents.com**.



8 Go for the **"Gold Winner"** with **CLAIROL NATURAL INSTINCTS**, named the **"BEST DEMI-PERMANENT HAIRCOLOR"** for its top marks in covering grays and retaining shine. Your hair will look great and feel soft too.

Good Housekeeping ANTI AGING 2011 AWARD WINNERS

9 There's no excuse for bad hair days. Give limp, weak hair a treat with **PANTENE PRO V FINE HAIR SOLUTIONS ANTI-BREAKAGE** collection for breakage protection that won't weigh you down.

real beauty 2011 GOLD STAR AWARDS

Get $15 BACK when you spend $50 on Venus, Olay, Secret, COVERGIRL, Clairol, Herbal Essences, Aussie, Head & Shoulders, Pantene, Safeguard, Ivory, Crest 3D White, Always and/or Tampax.*

REDBOOK mvp MOST VALUABLE PRODUCT

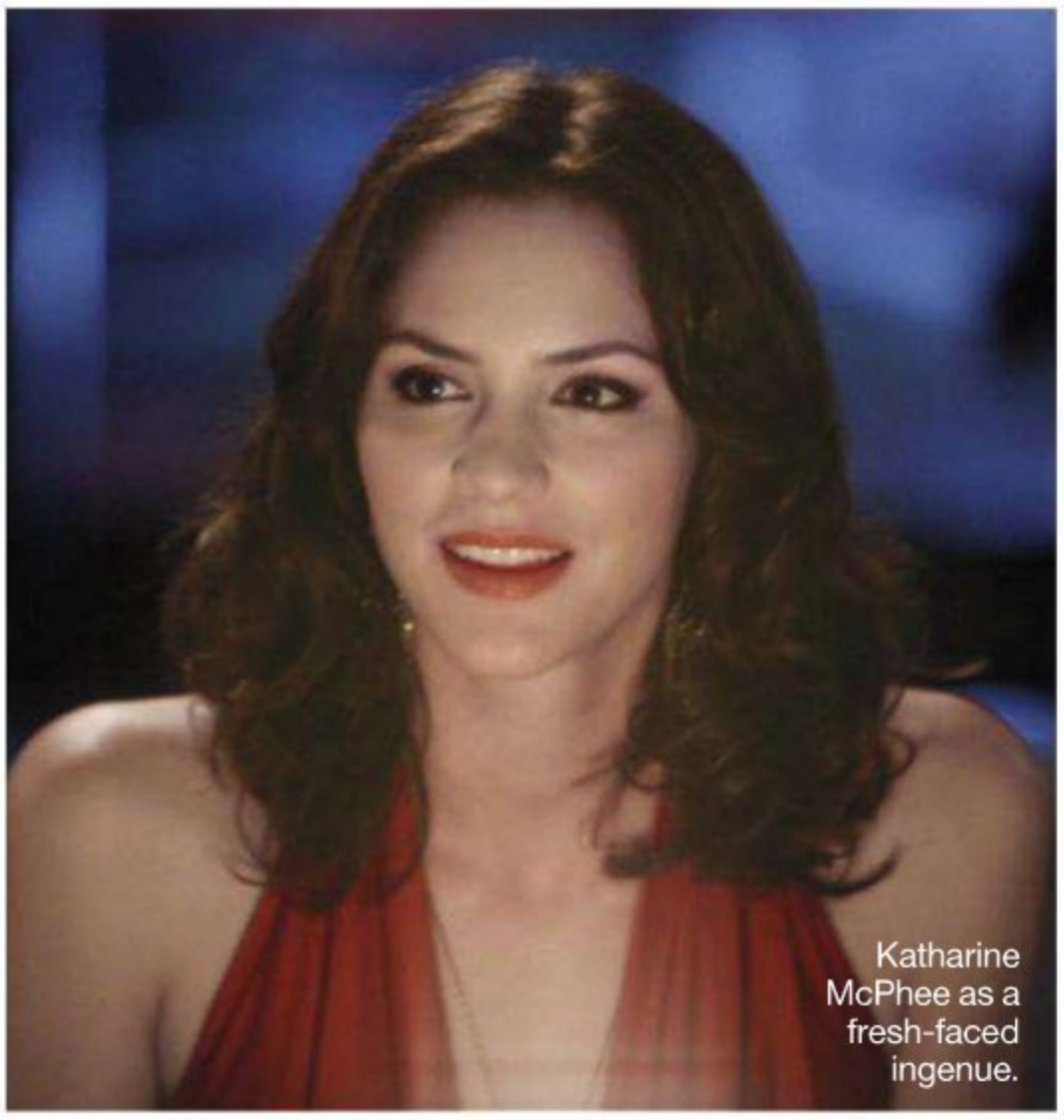
10 **VERA:** "There is no better makeover than one that makes skin look more youthful—even without makeup!"

Don't let your face reveal the stress of motherhood. Crowned **"BEST ANTI-AGING SERUM," OLAY REGENERIST MICRO- SCULPTING SERUM** leaves skin feeling silky, with a natural glow, even without makeup.

11 **AUDREY:** "Feeling beautiful is something every woman should feel, and sometimes it just comes down to finding the perfect lipstick!"

Named **"BEST SPLIT PERSONALITY," COVERGIRL NATURE LUXE GLOSS BALM** is a winner for offering the benefits of both a softening balm and a color-rich gloss to leave lips supple and kissed with color.

*Mail-in receipt and rebate form available at facebook.com/PGUnitedWeBeautify. Offer valid 2/5/12–4/28/12



Katharine McPhee as a fresh-faced ingenue.

SCREEN GRAB

Sweetly sexy in 1, 2, 3

In the new NBC show *Smash*, Katharine McPhee goes from small-town girl to Broadway diva. Katharine's makeup artist, Persefone Karakosta, and hairstylist, Clariss Morgan, spill the deets on how she gets there.

Quietly dramatic eyes: Karakosta swept a caramel shadow on Katharine's lids and a deep brown in the creases, outer corners, and outer third of the lower lids. Next, she lined her eyes all around with chocolate gel liner.

Ripe cheeks and lips: Karakosta rubbed a pinkish-nude blush on Katharine's cheeks, back to her temples, then topped the apples with a bright coral. "The layering creates a sunny effect," she says. She balanced the look with rosy lipstick.

Touchable curls: To amp up Katharine's natural waves, Morgan misted her hair with a heat-protecting spray and loosely wrapped large sections of it around a one-inch curling iron, tousling them with her fingers once they cooled. —KAYLEIGH DONAHUE

What Katharine's wearing, clockwise from top: Laura Mercier Crème Cheek Colour in Praline, $22; Chanel Quadra Eyeshadow in Dunes, $57; Samy Heat Guard Protection Spray, $4.99; Mark Keep It Going Longwear Eyeliner & Shadow in Exposure, $11.

5-MINUTE FIX

FRESHEN UP DIRTY HAIR

Dry shampoo is a savior when you don't have the time to wash your hair. But don't just spray it on willy-nilly! Take two extra minutes—and these tricks from hairstylist Harry Josh, who coifs Gisele Bündchen—to make it look amazing. First, spritz your roots wherever hair looks greasy (not just on your part) with a spray-on formula like John Frieda Luxurious Volume Anytime Refresher, $6.50. Flip your head upside down and shake those spots with your fingers. Bring your head up, then blast your roots with a blow-dryer. "This scatters the powder evenly and boosts volume," Josh says. Brush your hair from roots to ends (try Sonia Kashuk Brilliantly Bold hairbrush, above, $12.99) to clear away the last bits of powder, *aaand*—you're clean! —K.D.

TRY THIS TREND

LILAC LIPS

We love the shade for two reasons: Lilac is so fresh and vibrant that we forget it's still blustery outside, *and* it looks gorgeous on everyone. The proof: actresses Cameron Diaz and Tika Sumpter, who both wore it recently. "It's easier to pull off than you think," says Tika's makeup artist, Oslyn Holder. If you have fair skin, Holder says to look for a lilac that skews more pink (try Bobbi Brown Shimmer Lip Gloss in Lilac Sugar, left, $23); if you have medium or dark skin, wear one that's more violet (we like MAC Chenman Lipstick in Budding Love, $14.50). —MAUREEN SHEEN

MCPHEE: COURTESY OF PATRICK HARBRON/NBC. STILLS: GREG MARINO/STUDIO D. SAMY: COURTESY OF MANUFACTURER. DIAZ: WIREIMAGE/GETTY IMAGES. SUMPTER: GETTY IMAGES.

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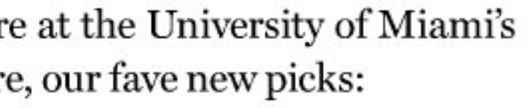
STOP SPOTS—SAFELY

If you've looked in the mirror and found that some formerly cute freckles have tipped into age-spot territory, you've got options. The most traditional treatment for dark spots and patches (which are caused by an overproduction of pigment) has been the bleaching agent hydroquinone. It's found in prescription skin creams and in several over-the-counter ones, but a study has linked it to cancer when ingested orally—and the FDA hasn't done testing to determine its safety when applied topically. It's banned in cosmetics in Europe, and other countries have restricted its use. While most of the dermatologists we asked say that hydroquinone is safe when used exactly as instructed, a slew of new products contain worry-free alternatives. "Soy, licorice, niacinamide, and vitamin C are all very effective," says Heather Woolery-Lloyd, M.D., director of ethnic skin care at the University of Miami's department of dermatology. Here, our fave new picks:

● **FOR ALL-OVER BRIGHTENING,** you want something that slows down melanin production. You'll get it from: The vitamin C–rich flower rosa roxburghii and licorice-root extract in *Dr. Andrew Weil for Origins Mega-Bright Skin Tone Correcting Serum, $55.* • *Kiehl's Clearly Corrective Dark Spot Solution, $49.50,* which uses a potent vitamin C but won't irritate sensitive skin. • *L'Oréal Paris Youth Code Dark Spot Correcting & Illuminating Serum, $24.99,* which contains niacinamide to fade dark spots, along with light-reflecting particles to make skin appear more radiant.

● **FOR INDIVIDUAL SPOTS:** *StriVectin-EV Get Even Spot Repair, $49,* employs a strong cocktail of niacin, vitamin C, and willow-bark extract, to help fade and exfoliate them.



● **TO TREAT *AND* COVER SPOTS:** *Nars Pure Radiant Tinted Moisturizer, $42,* gives nice, light coverage and has a powerful vitamin C derivative. • *CoverGirl & Olay Tone Rehab 2-in-1 Foundation, $13.99,* uses niacinamide plus antioxidants to protect skin from spot-inducing damage. —FIORELLA VALDESOLO AND KAYLEIGH DONAHUE

Almay Intense i-Color Shadow Stick for brown eyes, $7.49.

Easiest eyeshadow ever!

The newest category of shadow is a busy woman's dream: cream sticks that don't spill, don't require a brush, and are so easy your preschooler could put 'em on you. "Just close your lid and scribble on the shade up to the crease," says make-up artist Troy Surratt. "Pat and smooth your finger along your lid to even out the color and soften it to a hazy finish." Another perk? Many stick formulas are waterproof, so once they set (which takes a minute or two), they're less likely to fade or crease. We're sold. —KRISTA BENNETT DEMAIO

DO I NEED...

A SPLIT-END MENDER?

If your ends are frayed, then yes. Only a haircut can get rid of them for good, but two new products can improve things in the interim: Nexxus ProMend Split End Binding Straightening Lotion, $11.99, and Tresemmé Split Remedy Sealing Serum, $4.49. Each contains positively charged polymers that coat hair strands, which are negatively charged. "Together, the charges form a complex that's scientifically shown to meld the split ends together," says Joe Cincotta, a cosmetic chemist. "The effect washes out, so to keep it going, apply the product after every other shampoo until your next cut." —K.D.

CLOCKWISE FROM TOP LEFT: STEPHANIE RAUSSER, GREG MARINO/STUDIO D (2), COURTESY OF MANUFACTURERS (3).

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Relax, laugh, and "om" your way to fewer lines.

Your $0 plan to erase wrinkles

When it comes to fighting lines and sagging, there's hope *outside* the jar too. These strategies will kick-start a youthful glow—no money down.

It's been drummed into us that using the right products and staying out of the sun are the keys to looking young. But here's another tactic that has just as much impact: slowing down and living a saner life. Research shows that when we're highly stressed, neuropeptides (chemicals in the skin's nerve endings) are released into our skin and create inflammation, which, in turn, speeds up the skin's aging process. Now, the good news: Experts say there are easy, free—and super-relaxing—ways to combat these "stress molecules." Try them and prepare to look radiant. A possible side effect: You'll *feel* like a million bucks, too.

Catch your breath. When we're rushed, our bodies launch into stress-reaction mode: our hearts race, our blood pressure may spike. "Taking deep-breathing breaks stops our nerve endings from firing off damaging neuropeptides," says Susan Blum, M.D., an assistant clinical professor of preventative medicine at Mount Sinai School of Medicine in New York City. To slow down, inhale deeply so that air expands your abdomen, then exhale slowly to flatten it. Repeat a few times to calm yourself.

Wash your face right when you get home. Doctors say that women often skip their nightly anti-aging skin-care regimen when they're stressed or tired, so don't wait until you're zonked. "My patients tell me this really helps them keep up with their routines," says Jessica Wu, M.D., an assistant clinical professor of dermatology at the University of Southern California and author of *Feed Your Face*.

Have more sex! "It releases beta endorphins, which help protect skin's collagen, and oxytocin, which lowers the stress chemical cortisol," says Amy Wechsler, M.D., a New York City dermatologist and an adjunct assistant clinical professor of psychiatry at Weill Cornell Medical College. Okay, we know, twist his arm...

Try an ultra-low-impact workout. Exercises like yoga can calm your nerves, but if you're not rolling out the mat for 90 minutes, don't worry, says Blum: "It's less about how long you exercise for and more about doing it regularly, which trains your body to relax quickly." Just 10 minutes of yoga stretches five times a week can lower cortisol levels (see page 66 for some quickie moves). Prefer a *no*-impact workout? Try meditation. Sit for 10 minutes, eyes closed, taking deep breaths and relaxing every muscle in your body. To shush your internal to-do list, "repeat a calming phrase, like 'I am at peace,'" Blum says.

Massage away the lines. A five-minute facial rubdown makes skin instantly firmer—if you hit the right spots. "You have to massage the lymph nodes in order to drain the water that causes puffiness," says facialist Joanna Vargas of Joanna Vargas Salon in New York City, whose clients include Rachel Weisz and Sofia Coppola. On each hand, hold your index and middle fingers together. Starting right below each ear, rub in circular motions down each side of your neck to your collarbone; repeat five times. Next, look up and do the same motions starting under your chin, massaging right under your jawbone out to your ears, then down the sides of your neck; repeat five times. If your under-eye area is swollen, gently massage the skin from the inner corners to the outer corners, then from your temples down the sides of your face. Final step: Check out your glow in the mirror. —GRACE GOLD

GRACE HUANG.

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Rise & Outshine

A Morning in the Life of a Fierce Fashion Stylist

Kendall Farr, noted fashion stylist and author of *The Pocket Stylist* and *Style Evolution*, has a look as unique as her morning routine. "Every morning, I need to strike a balance between a look that inspires confidence and one that's comfortable enough to get me through long days."

6:00AM While my day depends on the project at hand, it always starts with 10 minutes of yoga to wake up, and 45 minutes of meditation to center myself.

7:15AM Dressed for the day. My current favorite piece is a great tailored jacket—a modern spin on a '70s look. It always makes me feel good.

7:30AM I work on my blogs for the week and organize notes. My home office is set up like an art department, with "inspiration" pictures on every wall.

8:00AM Out the door in a big hurry. If it's a photo shoot day, there are clothes and accessories to be bought, rented and borrowed.

8:15AM I limit myself to ONE great cup of coffee each morning! I grind Gorilla Coffee Blendimentosis beans roasted right in my Brooklyn neighborhood. (For the rest of the day, it's green tea for more of a slow-and-steady-wins-the-race kind of energy.)

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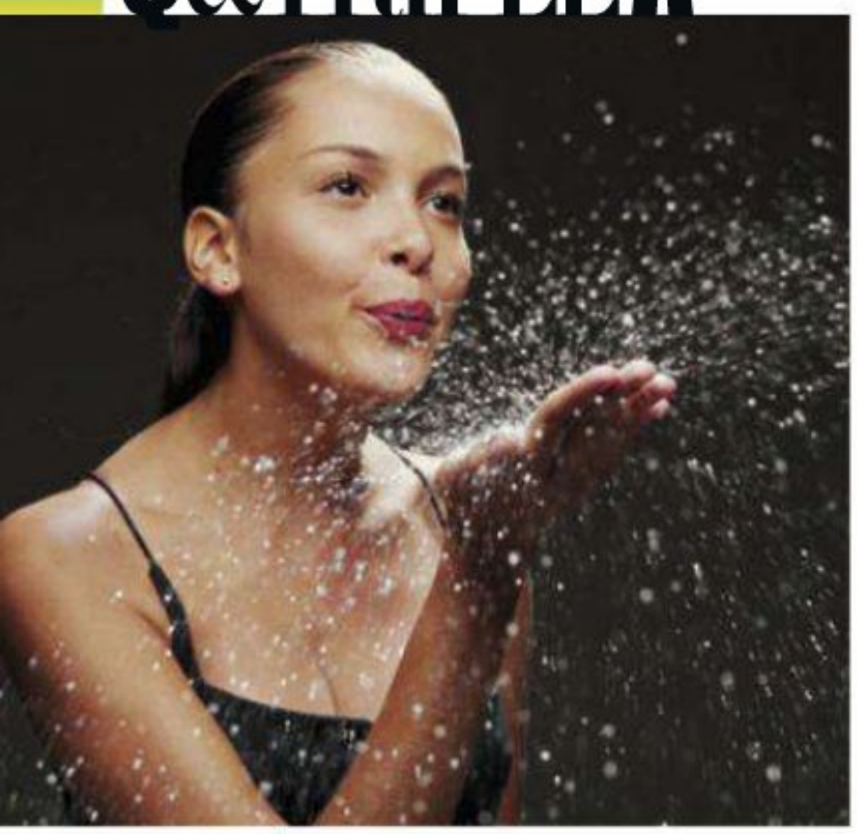

Kiss those white flakes good-bye.

Q My dandruff is driving me crazy! What can I do?

A THE DERMATOLOGIST SAYS:

"On a healthy scalp, skin cells turn over about once a month. When you have dandruff, which is caused by a natural yeast fungus on the scalp that suddenly goes into overdrive, cells shed as often as every five days, flaking off in big clumps. The fungus feeds off oil, so your first step should be to cleanse daily with a shampoo containing an antifungal ingredient," like pyrithione zinc (in Head & Shoulders), selenium sulfide (in original Selsun Blue), or coal tar (in Neutrogena T/Gel). Wait several minutes before rinsing, then follow with a conditioner. After four weeks, alternate the anti-dandruff shampoo with a gentle shampoo once or twice a week, "and keep using the treatment shampoo between outbreaks to lessen their severity," Cotsarelis says.

George Cotsarelis, M.D., professor and chair of dermatology and director of the Hair and Scalp Clinic at the Hospital of the University of Pennsylvania

A THE HAIR SPECIALIST SAYS:

"There's no precursor for dandruff—you're either prone to it or you're not. If you are, two things will make your outbreaks worse: stress, which can increase oil production, and eating a lot of dairy and spicy foods, which throw off the balance of your skin's secretion levels. My clients tell me that when they cut back on these foods, their flare-ups are shorter and less intense. A shift in weather can also be the culprit." Along with consistently using an anti-dandruff shampoo year round (even in winter, when your scalp feels drier), Kingsley suggests taking a zinc supplement: "When taken orally, zinc, which is found in some anti-dandruff shampoos, helps to block androgens, the male hormones connected to dandruff."

Philip Kingsley, trichologist (specialist in hair and scalp health) and founder of the Philip Kingsley Trichological Clinics in London and New York City

A THE HAIRSTYLIST SAYS:

"Dandruff is most visible on sleek, straight hair, so during bouts of flaking, wear your hair with either a messy part or no part at all to obscure your scalp. If you have fine hair, use a round brush or a curling iron to create bend and body, which will hide the problem." Adding a little height also helps, so Rhys recommends misting your roots with a volumizing spray or aerosol hairspray. "These contain alcohol, which will also absorb excess oil," she says. Resist the urge to brush out the flakes. "Instead, sprinkle a tinted hair powder that matches your shade onto the flaky spots to camouflage them," says Rhys; she recommends the tinted Bumble and Bumble Hair Powder, $35.

—GINA WAY

Jet Rhys, hairstylist and owner of the Jet Rhys Salons in San Diego

SCALP SOLUTIONS

Head & Shoulders Itchy Scalp shampoo and conditioner, $4.99 each

Bumble and Bumble Gentle Shampoo, $23 for 8 oz

Davines Naturaltech purifying gel, $30, a scalp treatment containing pyrithione zinc

Goody Boar Blends ceramic round brush, $9.99

Aussie Aussome Volume aerosol hairspray, $3.25

TOP LEFT: DANIEL KLAJMIC/GETTY IMAGES. EXPERTS: COURTESY OF SUBJECTS. PRODUCTS: COURTESY OF MANUFACTURERS.

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

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JUICY! Confessions TRUE!

What's your health confession?

Maybe you're chronically late on your checkups, you like your steak frites, or you don't exactly floss like a dentist's daughter. Admit your health flubs here and experts will put you on the easy path to redemption. By Jessica Girdwain

NICO KAI/GETTY IMAGES.

CONFESSION:

My family won't eat anything that doesn't come in a box, in a wrapper, or on a bun.

How bad is it? For little ones, a refusal to eat veggies on any given day won't harm them—so stop stressing, says pediatrician Laura Jana, M.D., a media spokesperson for the American Academy of Pediatrics and coauthor of *Food Fights*. Besides, how many grown-ups *always* choose broccoli over ice cream? However, "it becomes a problem if kids don't eat vegetables on a regular basis. Not only are they missing out on vitamins and nutrients like fiber and potassium, but they're also at risk of developing unhealthy eating habits that can hang on for life," she says. So here's how to raise a family of produce monsters: Make fruits—oranges and apples, for example—look more appealing by placing them in colorful bowls. Then set them out where the kids run around, like on the counter or kitchen table, says Brian Wansink, Ph.D., author of *Mindless Eating: Why We Eat More Than We Think*, whose study found that this trick increased fruit sales in schools by 104 percent. Wansink also found that young kids are 20 percent more likely to eat their greens if you give them a cool name (broccoli bites!) or associate them with a story ("Did I ever tell you that your awesome cousin Mike *loves* peas?"). Although vitamins shouldn't replace fruits and veggies, you can also check with your child's pediatrician about supplementing with a multi if you're worried. ➤

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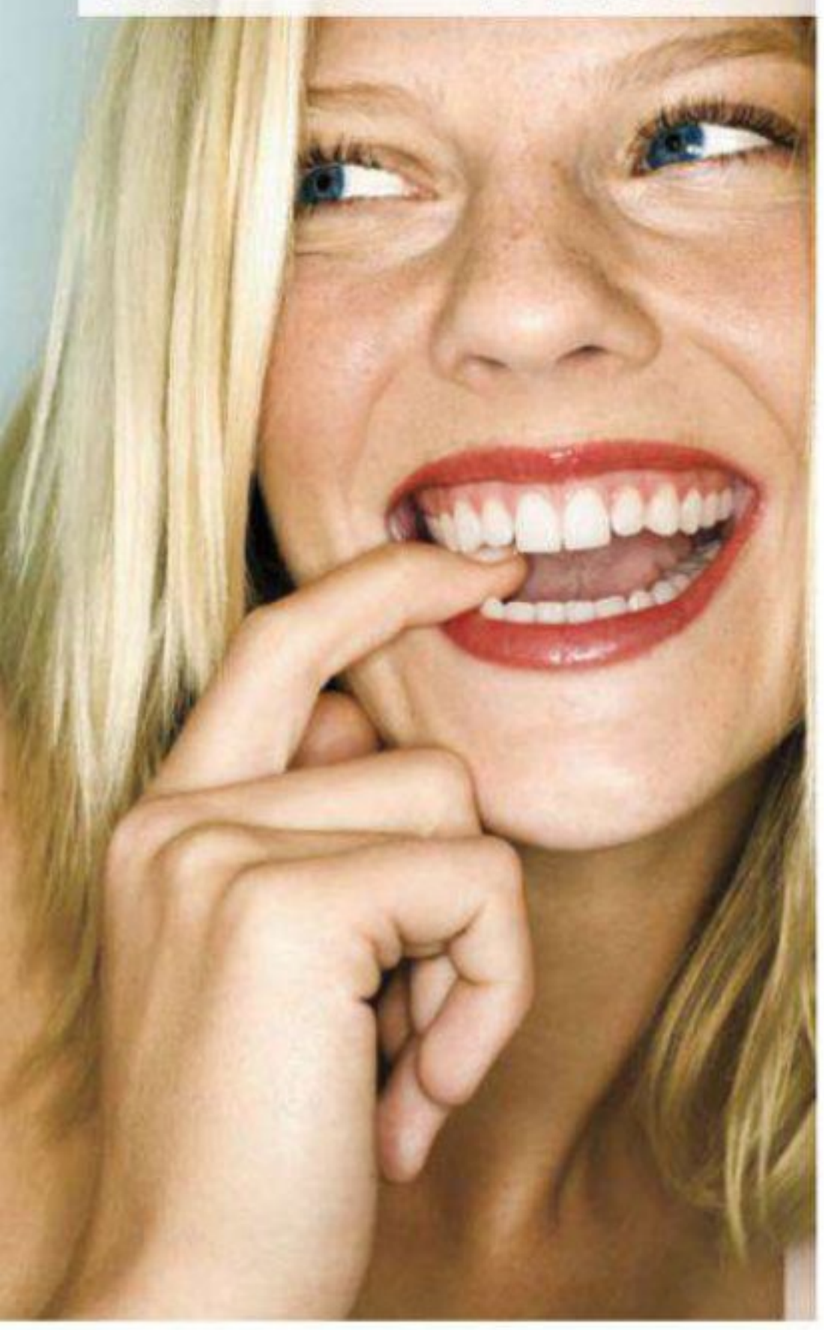

CONFESSION:

I'm totally into flossing—in theory. But most nights I forget to do it.

Bacteria between your teeth can obviously infect the gums and cause bone and even tooth loss. But that's not the worst of it: It's possible that inflammation from gum disease may also lead to heart disease, strokes, and pneumonia. It might even hurt your chances of getting pregnant: In research presented to the European Society of Human Reproduction and Embryology, women with gum disease took two months longer to conceive compared to women with healthy mouths. Try using floss picks, which are easier to maneuver for floss-haters than the traditional string.

CONFESSION:

I SKIPPED MY LAST GYNO APPOINTMENT.

A pelvic exam isn't our idea of a good time either. But the key to good health is regular visits to your doc, rather than getting care when a problem arises, says John Fisch, M.D., an ob/gyn at Magee Women's Hospital in Pittsburgh. Even if you've gotten your gyno's okay to stretch Pap smears to once every three years, you still need to be checked annually for other sexual-health issues like breast cancer and period problems.

CONFESSION:

I'm a three-cups-a-day coffee drinker. And we're not talking decaf.

The never-ending good news about java could ease your worries, if not your jitters. Research suggests that drinking coffee may help protect against Parkinson's disease, diabetes, and certain cancers. Plus, women who drink two to three cups of coffee a day—that's 10 to 15 ounces—have a 15 percent lower risk of depression than nondrinkers, a new study from the Harvard School of Public Health found. "A major symptom of depression is losing interest in doing things you love. And caffeine gives you a great boost of energy," explains study author Michel Lucas, Ph.D.

CONFESSION:

I haven't seen the inside of a gym in years!

Jillian Michaels, the woman who got America to run uphill reallyreally fast, knows that working out is one of the best things you can do for your health.

If your goal is health, fitness *needs* to be a part of your life. But as long as you're getting your exercise somehow, it doesn't matter whether you're doing it in a gym or prefer to sweat in solitude, like in your backyard or in front of the TV. If you're the kind of gal who gets tons of exercise in her daily life—say, chasing your dog around all the time, or biking to work—that absolutely counts. "But not exercising at all accelerates aging in every part of your body—your insides as much as your outsides," says health and wellness expert Jillian Michaels. "To get yourself moving, recruit a friend to work out with you, which builds a support system and holds you accountable when you'd rather park your butt on the couch." And start by telling yourself you'll move for just 15 minutes a day: One recent study found that's all it took to increase life span by three years. ➤

CLOCKWISE FROM TOP LEFT: PANDO HALL/GETTY IMAGES, COURTESY OF *THE DOCTORS*, RIOU/GETTY IMAGES.

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Heart-stoppingly delicious. Go easy!

CONFESSION:

My husband and I both have heart disease in our families, but we still love to hit the local steak house on date night.

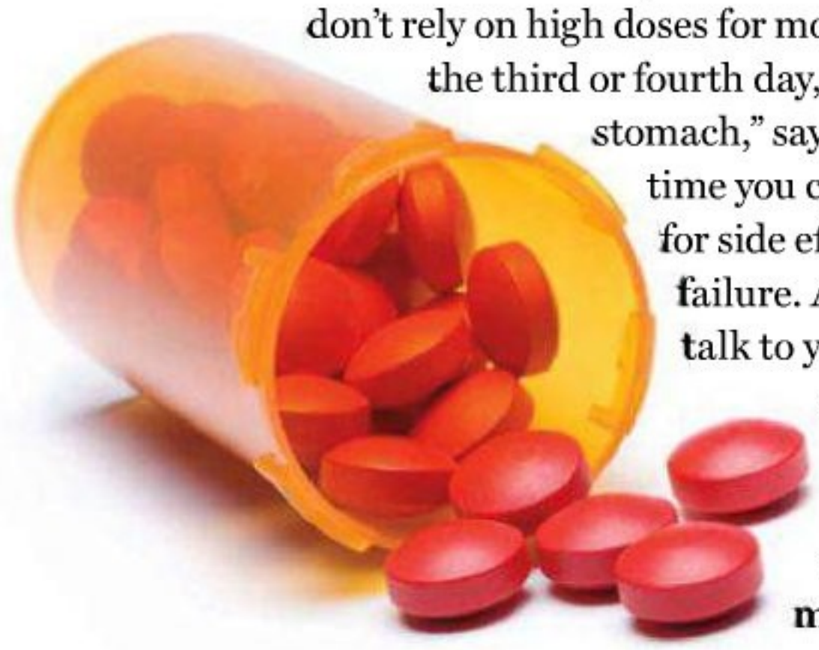
Detour, detour, detour! It's tempting to think that pigging out once a week is harmless, but if you're already at risk for heart disease, any number of Bloomin Onions can damage your health. Research shows that eating just one high-fat meal can impair blood-vessel function for several hours; that puts too much pressure on your arteries. You can't control your genetic makeup, but you can influence the way your genes behave. Researchers in Canada found that some people with genes known to boost the risk of heart problems who also ate a diet high in trans fats and simple carbs were *200 percent* more likely to have a heart attack than people without those genes. But gene-carriers who ate a fruit- and veggie-rich diet had normal risk levels. Diet *matters*.

CLOCKWISE FROM TOP LEFT: MASCARUCCI/GETTY IMAGES; IMAGE SOURCE/GETTY IMAGES; FUSE/GETTY IMAGES. CELL PHONE STUDY: LONDON SCHOOL OF HYGIENE & TROPICAL MEDICINE.

CONFESSION:

I take way more than the recommended dose of Advil when cramps or headaches hit.

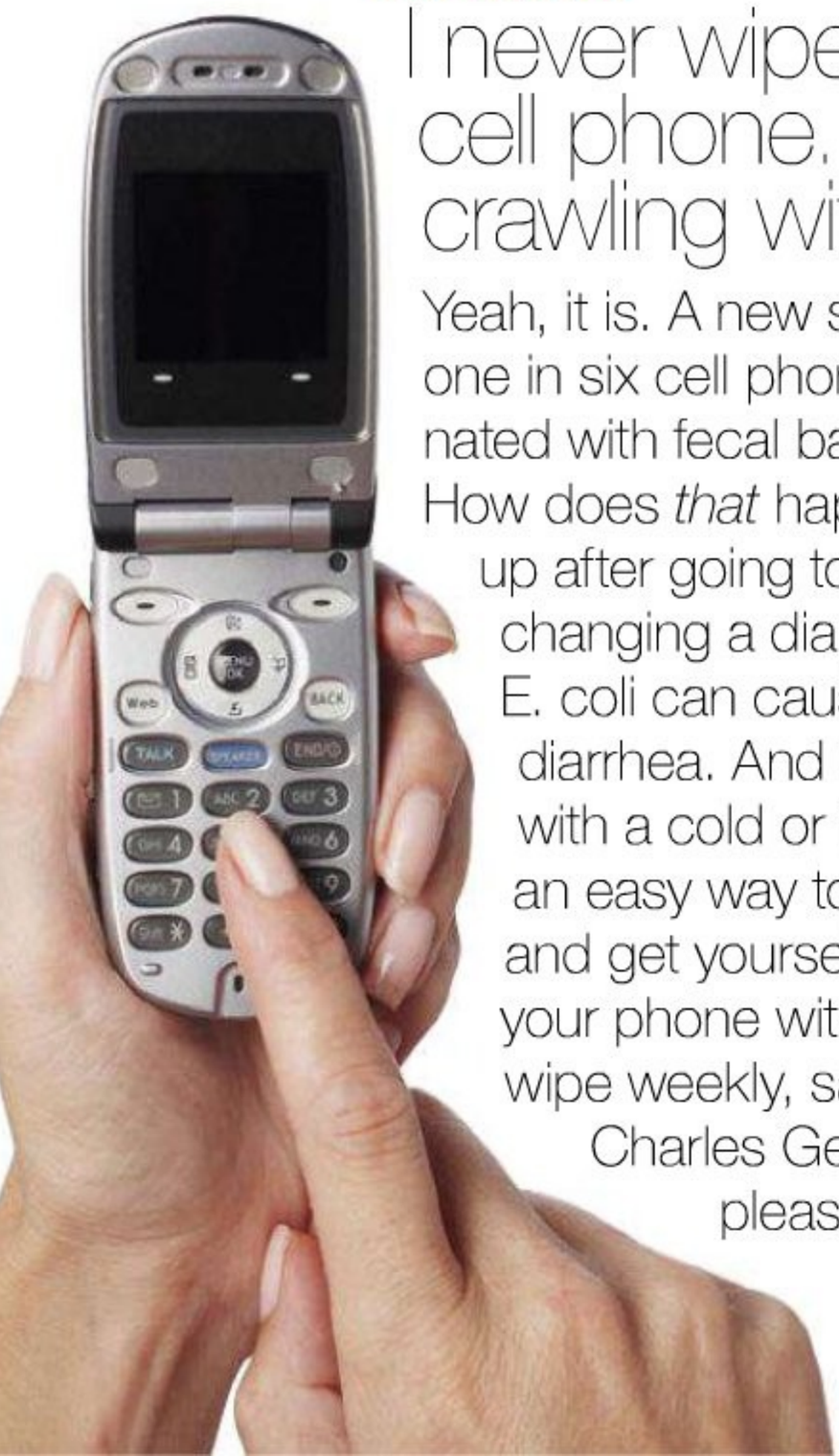
The recommended dose of non-steroidal anti-inflammatory drugs (NSAIDs) like Advil is two tablets, or 400 mg, every six hours. But that doesn't always do the job. So taking three tablets, or 600 mg, is fine on occasion, says Seth Feltheimer, M.D., an internist at New York-Presbyterian Hospital/Columbia in New York City. Docs often dole out prescription NSAIDs like naproxen in higher doses than the OTC recommendation. However, unless it's prescribed by your doc, don't rely on high doses for more than a day or two; "by the third or fourth day, they may irritate your stomach," says Feltheimer, and over time you could put yourself at risk for side effects such as acute liver failure. As for acetaminophen, talk to your doctor—high doses can be hard on the liver. If cramps or headaches won't let up, ask your doc about a plan to manage the pain.



CONFESSION:

I never wipe down my cell phone. It must be crawling with germs.

Yeah, it is. A new study found that one in six cell phones are contaminated with fecal bacteria like E. coli. How does *that* happen? Not washing up after going to the bathroom or changing a diaper. Ingesting E. coli can cause vomiting and/or diarrhea. And letting someone with a cold or flu use your cell is an easy way to transfer microbes and get yourself sick too. So clean your phone with a disinfecting wipe weekly, says microbiologist Charles Gerba, Ph.D. Oh, and please wash your hands.



THE BETTER-THAN-NOTHING WORKOUT

GET GREAT ABS WHILE SITTING DOWN

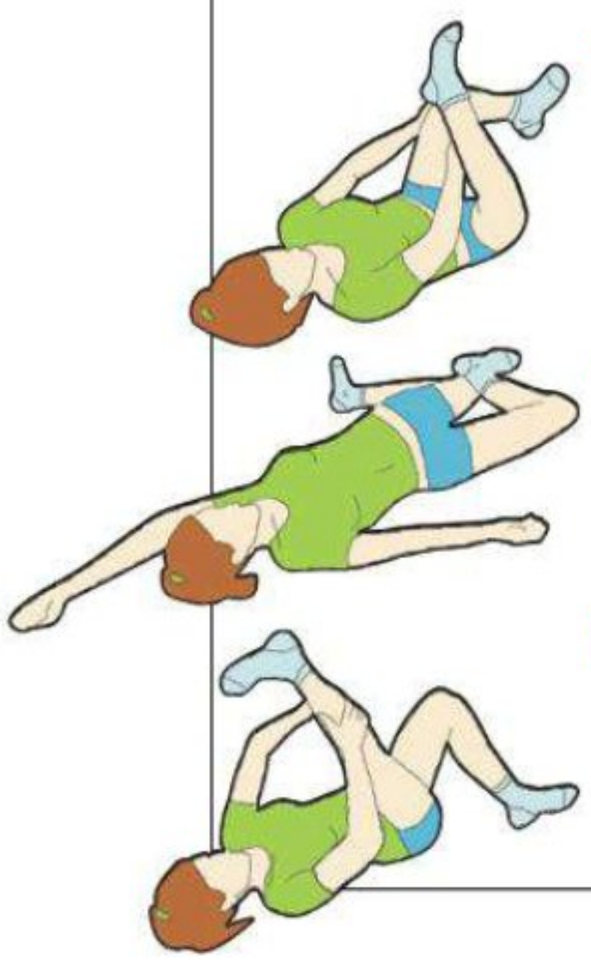
Got time to catch up on your DVR list? Then you have time to tone your abs with this simple move from fitness expert Laurel House, whose new book, *QuickieChick's Cheat Sheet*, comes out this spring.

A Sit tall, keeping your back straight, and lace your fingers behind your head, palms facing forward, as shown.

B Pull your abs in tight, keep your hips facing forward, and rock your upper body quickly from side to side for 100 counts. Feel the burn (without missing a moment of *American Idol*)!

3 FEEL-BETTER, LOOK-BETTER STRETCHES

You don't have to be an athlete to need a good stretch; it's important for every woman's posture, stress levels, and heart. Research shows that bendier people also have more flexible (i.e., healthy) arteries. Start each of these moves, from yoga teacher Kristin McGee, on your back with your knees bent and feet flat on the floor. Do them three times a week.



THREAD THE NEEDLE Cross your right ankle over your left knee, pull your left knee in to your chest, and clasp your hands around your left hamstring while pressing your right knee away from you. Hold for 60 seconds. Switch sides, then tell your poor, tight hips, "You're welcome!"

WINDSHIELD WIPER Cross your right ankle over your left knee, then scoot your left foot a little farther to the left and drop both knees to the right. Extend your left arm overhead on the floor. Hold for 60 seconds; breathe a sigh of relief. Switch sides.

HAMSTRING STRETCH Extend your right leg toward the ceiling, foot flexed. Grab it and gently (there should be no *ouch*es!) pull toward your chest to feel a stretch in the back of your thigh. If you're more flexible, straighten your left leg on the floor. Hold for 60 seconds. Switch sides. —KAREN ASP

PROOF THAT "MICRO" WORKOUTS REALLY WORK

If you rolled your eyes the last time REDBOOK suggested you park your car farther away from work to sneak in some exercise, take it back! According to a recent study, bumping up your "activities of daily living"—by doing things like walking down the hall to talk with a colleague instead of emailing her, for example—may be associated with a 15 percent decrease in cardiovascular-disease risk. Says study coauthor Robert Ross, Ph.D., a professor at Queen's University in Kingston, Ontario: "Little bits of movement might seem trivial, but they're not." —K.A.

WORKOUT: PHOTOGRAPHED BY DAVID A. LAND. HAIR AND MAKEUP: MARCO TESTA FOR BERNSTEIN & ANDRIULLI. STYLIST: ELSA ISAAC. JEANS: LEVI. PROP STYLIST: KARIN OLSEN FOR MARNIE ROSE AGENCY. RUG: MADELINE WEINRIB AT ABC CARPET & HOME. ILLUSTRATIONS: DATATICKLER.

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INTIMATE ANSWERS

Ever wish your private parts came with a user's manual? Ob/gyn Hilda Hutcherson, M.D., has some instructions.

Hilda Hutcherson, M.D., is an ob/gyn and a professor at Columbia University in New York City. Email her at askhilda@redbookmag.com.

Don't fret—you'll be having morning quickies again soon enough!

Q *My husband is in his late 30s, and lately he's having trouble getting erections. I can't help but be frustrated—what can I do?*

A I can understand the way you're feeling. But if you're thinking, *Let his penis work! Let it work!* every time the two of you get in bed, chances are, it won't. Your stress will only make your husband's performance anxiety worse, and there's no faster erection-killer than fear. Have you two talked about the situation? If not, do that ASAP. Start by reassuring him that what he's going through is pretty common—and it *can* be fixed. In younger men, often something psychological or medical is to blame; even guys in their 20s can have stress-related erection trouble. Other culprits are antidepressants and illnesses like heart disease, so your husband's first step should be a checkup with an internist or urologist. In the meantime, focus on other things to do in bed. Remember, there's more to sex than just intercourse! And don't forget about Viagra and Cialis; those meds can be a quick way to help him through the anxiety and rebuild his sexual confidence until you and he can get things going naturally again.

Q *Should I try Brazilian laser hair removal instead of a bikini wax?*

A If going bare down there makes you feel sexy, why not? Lasering is physically kinder than waxing: A beam of light zaps hair follicles and stunts new growth with less damage to the skin, so there's a lower risk of infection. If done incorrectly, though, it can result in minor burns or pigment changes, so be careful about whom you submit your nether parts to. Check that the cosmetologist is licensed to use a laser, or see a dermatologist. Lasering is easiest when you have pale skin, so if you are African-American or have a darker complexion, be sure to see someone who has experience treating dark skin. Anyone with the herpes virus should take an antiviral medication like Valtrex one day prior to the procedure, and for five days after, to decrease the risk of an outbreak. As for cost, ouch! One session can run up to $500, and you'll need several.

CASE HISTORY

SHE HAD AN STD—IN HER THROAT

A patient recently came to see me for her annual exam, and told me that she had just split up with someone who was cheating on her. She also mentioned that she had been experiencing a nagging sore throat for the last three weeks, but that a strep test at her internist's office turned out to be negative. Given her relationship circumstances, a complete check for STDs was in order, so in addition to the usual blood tests, I performed a throat culture for gonorrhea and chlamydia—two STDs that can infect the throat. Sure enough, the test was positive for gonorrhea. I prescribed an antibiotic, and the infection cleared up within days. Oral sex isn't as safe as some people think. Luckily, condoms can help protect you from these infections—that's what the flavored ones are for!

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AFTER 6

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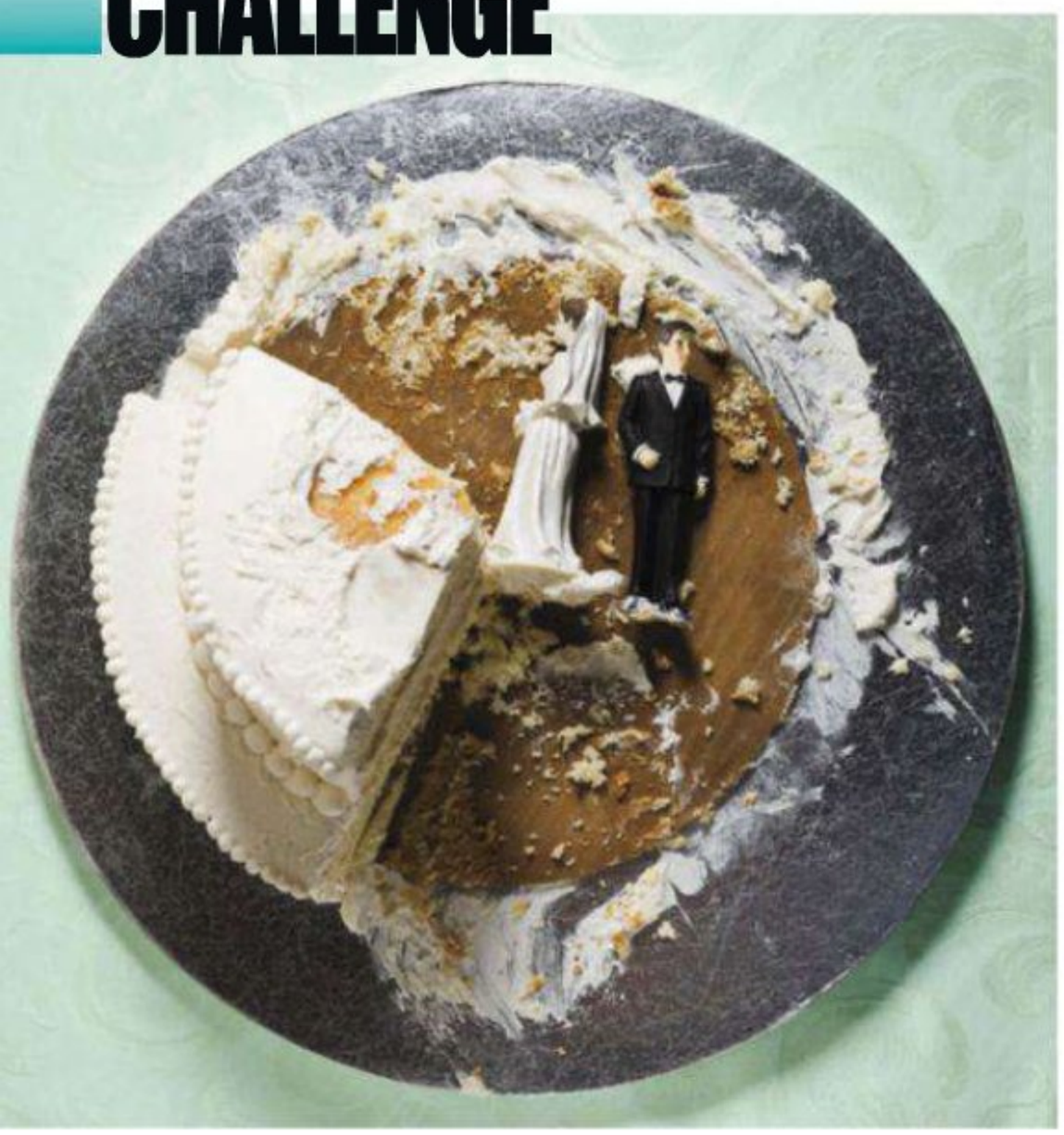
WEDDING DRESS CHALLENGE



4 ways marriage makes you **fat** (and how to stop it)

REDBOOK's Wedding Dress Challenge can get you back to your sexy bride body. First, learn how to avoid these traps that make coupled people up to 9 pounds heavier than singles in the first place. By Betsy Stephens

1. The couch Maybe you're reading this on your sofa, curled up next to your guy, with one hand in some munchies. No one blames you—vegging together is one of love's great pleasures—but "most of the time that couples spend together is sedentary, and it often involves eating," says Jeffrey Sobal, Ph.D., a professor of nutrition at Cornell University in Ithaca, NY. Don't worry, losing weight doesn't have to interfere with your bonding. Just find ways you can be active together, things that don't revolve around food, suggests Sobal. Sex does count, but you need to do a bit more—bike, hike, dance, take a walk after dinner. Whatever activity you choose, aim for at least 30 minutes, three to five times a week. Here's a crazy idea: If you don't have a family dog yet, adopt one! Researchers at the University of Missouri found that people who walked a dog for 20 minutes a day, five days a week, were an average of 14 pounds slimmer at the end of the year. That's kind of amazing.

2. Kids! First comes love, then comes marriage, then comes baby and an average of 3 to 10 extra pounds after giving birth. And it doesn't end when your babies turn into toddlers and tweens: Adults who live with kids of any age in the house hoover 34 more grams of fat each week than those who live without young'ins. Researchers suspect one reason is because parents are often so busy that they end up turning to high-fat convenience foods like frozen pizza or burgers. One of the best ways to combat this is to stock your fridge and cupboards each weekend with easy-to-make healthy foods, like microwavable veggies, boil-in-the-bag brown rice, and preseasoned chicken breasts or fish fillets. For more super-simple healthy eating tips from registered dietitian Stephanie Middleberg, the founder of Middleberg Nutrition in New York City, go to redbookmag.com/wdc.

3. Family-size *everything* When you were single, a bowl of cereal could pass as dinner. Men don't really go for that. You're not only eating heartier meals now, but you're also probably eating more food, period, thanks to your guy's heftier appetite. Research shows that we tend to match our dinner partners bite for bite—but that's not necessarily a bad thing, if what's on your plates is smart. One easy menu change: Increase the amount of high-fiber vegetables and reduce starchy sides like bread and pasta. That simple tweak has helped Wileeta McGee, 35, who joined REDBOOK's Wedding Dress Challenge (see next page), drop 10 pounds in just one month! And keep an eye on calories. This formula from Middleberg can help you lose about a pound a week: breakfast = 300 calories; lunch = 400 calories; afternoon snack = 150 calories; dinner = 500 calories; evening snack = 150 calories. ➤

You are cordially invited to...

Join the Wedding Dress Challenge!

Sign on and slim down to the size you were as a bride. In the magazine and online at redbookmag.com/wdc, we're giving you tools to help you reach your best weight ever. Extra motivation: Like us on Facebook at facebook.com/redbook for a chance to win a luxury trip for two to Mexico, courtesy of Hard Rock Hotel Riviera Maya.

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WEDDING DRESS CHALLENGE

4. Having no time for yourself

Between work, kids, errands, and your to-do list, who can commit to a nightly 6 p.m. Pilates class? Ramona Braganza, a trainer to stars such as Kate Beckinsale and an ambassador for Gold's Gym, says you don't have to carve out loads of time to be active. "Create opportunities throughout your day to burn calories," she says. "Five minutes of exertion here and there really does add up." And you can accomplish a great fat-burning workout in as little as 20 minutes with the cardio and strength routine Braganza created for REDBOOK (get it at redbookmag.com/wdc). If you're the kind of gal who needs a gym membership to get her going, visit facebook.com/redbook to get free passes to Gold's Gym, in addition to 20 percent off annual dues. Your next step? Get moving! Ⓡ

WEDDING DRESS SUCCESS!

Meet the 13 real women—and two men—who are losing their post-wedding weight with the help of REDBOOK's Wedding Dress Challenge at redbookmag.com/wdc. They've only been at it for a month, but they're already seeing results. Proof: Wileeta McGee, 35, pictured here. At the start of the challenge, she was 197 pounds. Now she's down 10 pounds, and the scale keeps ticking. After starting the challenge, Wileeta realized that she needed to keep her daily calorie intake to between 1,200 and 1,500 in order to lose weight (you can calculate your own calorie needs at redbookmag.com/wdc). Says Wileeta, "That amount was something I used to easily be able to eat just at dinner!" But she has been watching what she eats and exercising three to five times a week, and people are already starting to notice: "The last time she saw me, my mom said, 'Wow, it's happening so *fast!*'"

WEDDING DAY: COURTESY OF SUBJECT. MCGEE: WENDY HOPE/STUDIO D.

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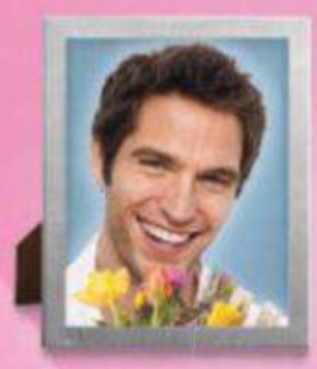
THERE ARE A LOT OF THINGS WOMEN WOULD RATHER HAVE ON THEIR MINDS THAN THEIR PANTILINER.



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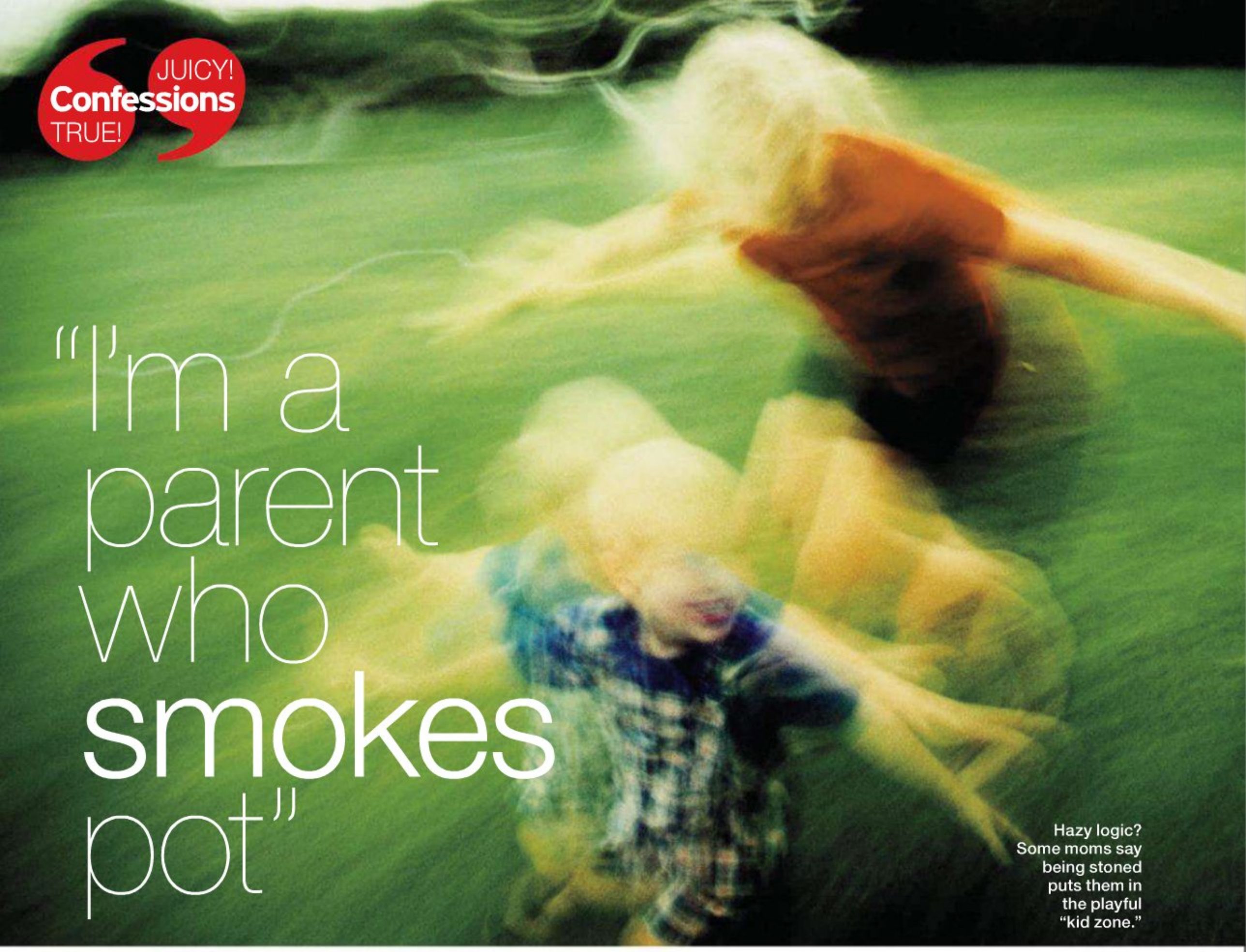
"I'm a parent who smokes pot"



Hazy logic? Some moms say being stoned puts them in the playful "kid zone."

That's the wild health confession REDBOOK heard from a surprising number of moms. They claim it's a harmless, even helpful, habit. Are they right… or totally high? By Jessica Baumgardner

Alice, a 37-year-old mom in Madison, WI, made a recent walk with her two daughters more fun by naming the neighborhood wildlife, starting with Squirrely Squirrelerson and his cousin, Squirrelster McSquirrelstein. "My 4-year-old cracked up, and that made my 2-year-old dissolve into giggles," remembers Alice. "My kids demanded that I name every animal in sight, and I encouraged them to think of their own names too." Cute story, right? Is it less cute if I tell you that Mom was a little bit stoned?

Mind you, Alice is not a compulsive pot-smoker or a checked-out parent. She's the picture of health and happiness, an athlete with tons of energy for her family. Still, she smokes pot a couple of times a week, usually after the kids are in bed. She says she does it for fun or to chill out, and, occasionally, to get into what she calls the "kid zone." "If I had been perfectly sober, I would have just taken a walk, thinking about what I needed to do next," Alice says. "I probably wouldn't have been all that engaged with my kids. But the stoned mama that I was that day made fun out of the mundane."

Lynn, a 32-year-old mother of three from Arlington, TX, would most certainly not find that story amusing. "If you have to smoke pot to get through the day with your family, there is something wrong," she says. When Lynn was a teen, her mom used to smoke marijuana, and Lynn *hated* it. "I knew it was illegal, and I knew it cost money we didn't have," she remembers. "It's horrible that a parent would get high when their job is to be responsible."

Yet more and more parents are doing just that. A surprisingly high 18 percent of people ages 26 to 34, and 9 percent of those 35 to 49, have smoked pot in the last year, according to the Substance Abuse and Mental Health Services Administration. (The data doesn't pinpoint how many of those people have kids, but we know that by age 44, about 80 percent of women do.)

EDWARD MCCAIN/GETTY IMAGES.

This generation grew up with Dr. Dre's album *The Chronic* and movies like Cheech and Chong's *Up in Smoke*. Now they're juggling the demands of careers and children. And I found that, instead of having a gin and tonic like their mothers may have, a surprising number of today's moms are lighting a joint—especially if they live in areas with vibrant alternative subcultures, like New Mexico, Colorado, or California. The advent of medical marijuana has certainly helped to legitimize pot in Los Angeles, where I live. (Dispensaries outnumber Starbucks in some neighborhoods.) But legalization is not only a California phenomenon (see map, page 77): In many places, a joint and a stiff drink are viewed as roughly equivalent vices, if they're seen as vices at all.

WHO'S MINDING THE KIDS?

Most of us wouldn't think twice about having a beer while home with the kids—maybe even getting slightly tipsy. But getting *high*? "If both parents are high, there is no adult in a position to give complete care to small children," says Melissa Wardy, 34, a mom of two from Janesville, WI. "Last year, my 2-year-old son fell down our basement steps. Had we been stoned, we would not have been able to give him emergency care, nor drive him to the ER or make coherent decisions about his needs." Occasional users may think that safety concerns don't apply to them, but the less often they use pot, the more altered they will be when they do. "If you're a regular user and you have a joint, you won't see much cognitive effect; you build up a tolerance," explains Carl Hart, Ph.D., a neuroscientist at Columbia University in New York City, who has studied people's ability to function after taking the drug. "But if you smoke on a more limited basis, you'll see a slowing down of behaviors and short-term memory disruptions." Case in point: Jamie, 41, a mom of three in Encinitas, CA, who says she smokes pot once or twice a year at a dinner party. "When I smoke, I'm way altered," she says. "I know I'm acting weird, and I'd never want my kids to be around that." Compare that to daily user Nanette, a 27-year-old mom from Huntington Beach, CA: "I don't get stupid when I smoke—I can do it throughout the day without feeling any different," she says. Elizabeth, a 26-year-old mother of two from Clovis, NM, smokes regularly, and insists that it helps her in stressful parenting situations. Recently, "My son got a big splinter in his foot and was freaking out, but because I'd had a little weed, I was able to be super-calm and pluck it out quickly," she recalls. No expert recommends pot as a parenting aid (ideally, we'd all be calm enough to pluck out a splinter without lighting up a joint), but Hart says his research shows that "most heavy users can focus and concentrate in situations of great consequence" when they're high. "That doesn't mean I think they should be driving the carpool," he says. "The same warnings that would be on a bottle of Valium about driving and operating machinery apply."

POT AND PARENTS' HEALTH

Like prescription drugs Valium and Xanax, marijuana has a mellowing effect, and many of the moms I interviewed told me that they smoke to manage their moods. Anna, a 37-year-old mother of two in Santa Monica, CA, says sneaking a puff while her younger son is napping "calms my anxiety. Sometimes I feel like I can't complete one thought, let alone the 25 requests my kids have just made. Pot has the same effect on me as 20 minutes of yoga, but I don't have time for 20 minutes of yoga." Marijuana can be medicinal, and some parents are using it like a quick-fix antidepressant or anti-anxiety medication—so does that make it okay? No, says Charles Sophy, a psychiatrist and addiction specialist in Los Angeles. "I have mixed feelings, because I think marijuana probably does have beneficial uses for ADHD and depression, but it hasn't been properly studied," he says. "If it was regulated and labeled by the appropriate agencies, it could be a tool. But I don't prescribe it, because it's not safe or regulated."

Pot also comes with side effects and risks. Marijuana is notably less toxic and addictive than alcohol or cigarettes, but you can still get hooked. The probability of anyone who smokes becoming dependent on marijuana is 9 percent, according to the Institutes of Medicine. For a daily marijuana user, that number jumps anywhere from 25 to 50 percent, according to the National Institute on Drug Abuse. "Physical dependence can happen with any psychoactive substance you take regularly," Sophy says. "You become psychologically dependent when you say to yourself, 'I get through my day better with pot; I need it.' If pot affects your sleep, work, appetite, emotions, or ability to socialize, that's cause for concern."

"I LEARNED IT BY WATCHING YOU"

Sure, pot might help a mom relax, but the habit may seem less harmless if her kids pick it up down the line. The parents I talked to hide their stashes, because they don't want their children to become pot smokers, even if they do it themselves. With good reason: Marijuana, like any drug, is dangerous to children's developing brains. "There is something called *pruning* that happens in the brain of an adolescent," says drug expert and New York City psychiatrist Julie Holland, M.D. "In earlier years, kids' brains are making connections and growing bushy with information. In the late teen years, the brain starts remodeling itself." Drugs can interfere with this fragile, ever-changing architecture and leave young brains more vulnerable to mental health problems like psychosis.

But if a mom smokes pot, isn't she pretty much guaranteeing that her child

Experts say pot is no parenting aid: Ideally, we'd all be calm enough to pluck out a splinter without lighting up a joint.

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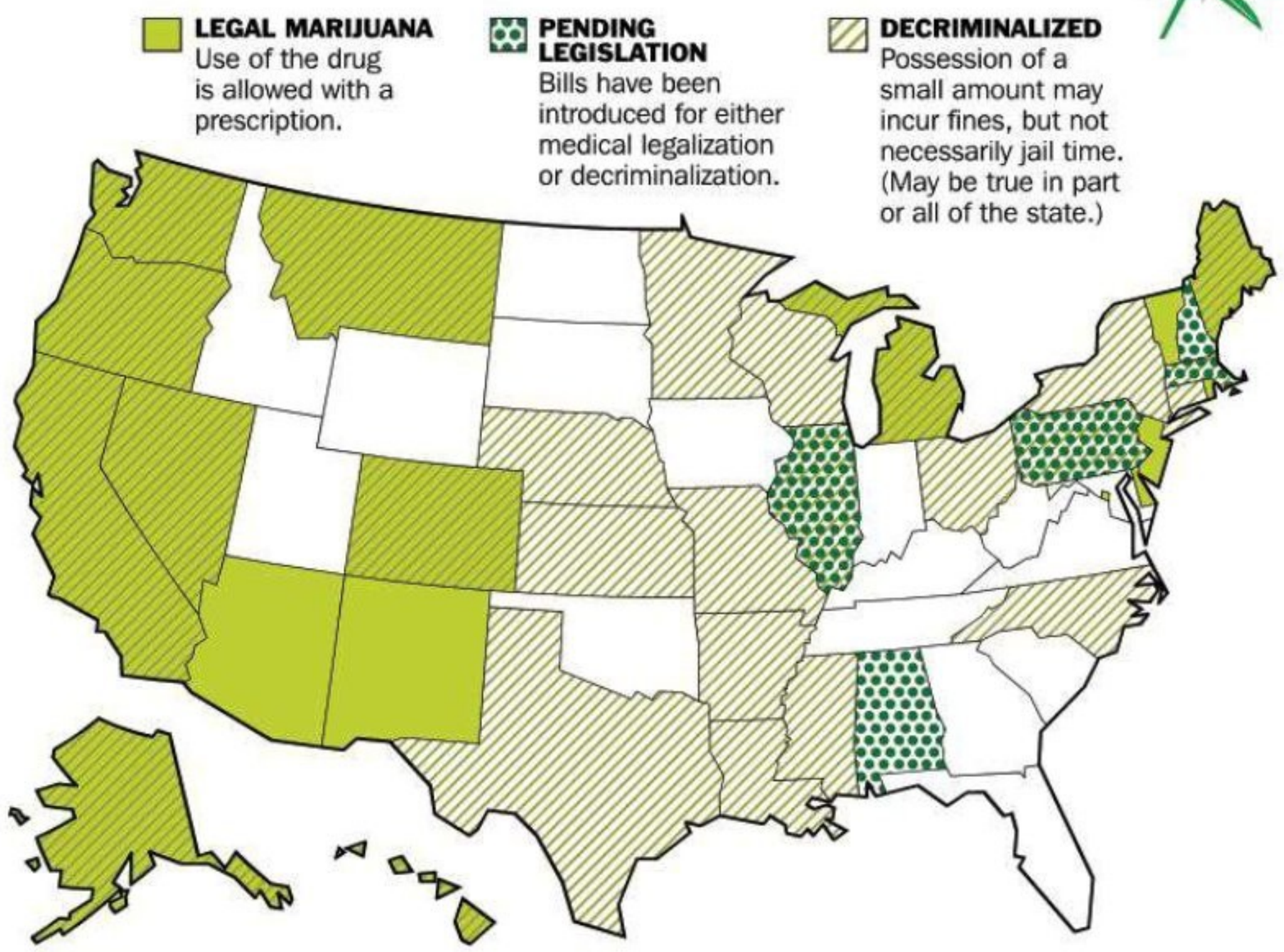
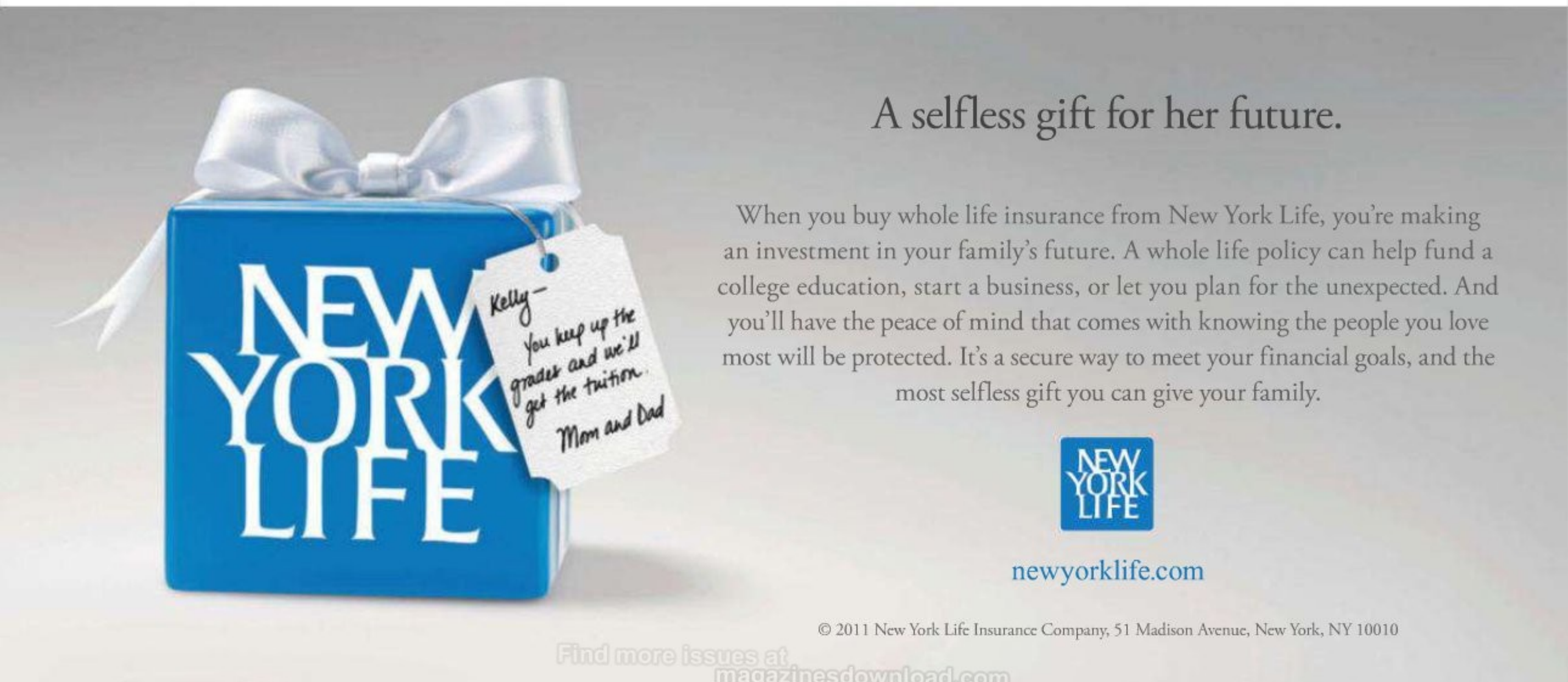
Where does your state stand on pot?



DATATICKLER.

will too? "Parents are definitely role models," Sophy says, but it's not a foregone conclusion. "I have adult patients who smoke pot who have kids that don't want anything to do with it, and I have others who don't touch drugs, but their kids are out of control. It's more about genetics and mental health." Still, Jennifer, 33, a juvenile probation officer in Pennsylvania, says there are plenty of ways that smoking pot can hurt your kids, even if they don't follow in your footsteps. "Pot-smoking parents are essentially telling kids that it's okay to obey the law when you want to," she says, "but that if it isn't a law you agree with, go ahead and break it." The fact is, recreational pot use is illegal throughout the country. Depending on where you live, there can be consequences including jail time, fines, and probation. Even in California there are legal risks, particularly for parents. Sophy is also the medical director of the County of Los Angeles Department of Children, where one of his jobs is to help determine whether kids should be taken away from drug-using parents. Every day he sees parents who have underestimated the repercussions of smoking pot—in rare cases, he's seen children sent to live with relatives.

In light of those consequences, perhaps Squirrelster McSquirrelstein no longer seems as adorable. "I find that the older my children get, the more my opinion on pot being okay changes," says occasional pot-smoker Jamie, whose kids are 12, 10, and 8. "I think it's a sketchy thing to do around kids, especially preteens. We went away with some friends last week to a lake, and the dad smokes daily. He kept going out to 'chop wood,' and he'd come in reeking of marijuana. It bothered me: What if the kids smell it and ask about it?" It's hard to teach your kids honesty if you're skulking around, engaging in criminal activity in the garage. Cassandra, 36, a mom of three from Portland, OR, who smokes pot about once a month, has simply resolved to lie to her kids about her drug use. "I think it's a parent's job to tell kids to stay away from drugs. If my kids ask me if I smoked pot, I'll lie," she says. "I lie about Santa Claus; I think I can lie about drugs." ®



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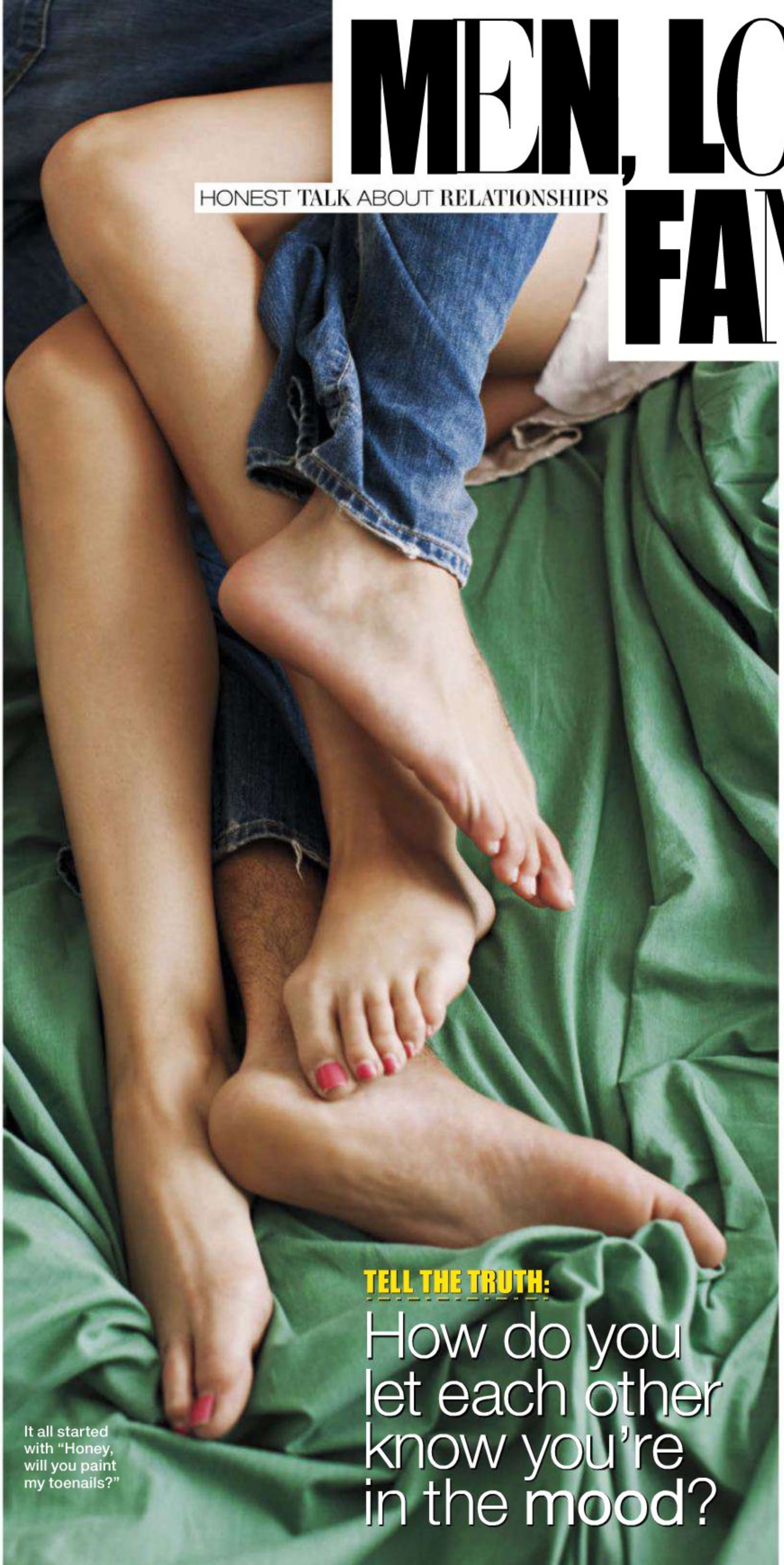

"She smiles from the corner of her mouth and gives me these sideways glances. Plus, she gets giggly—just like right now." —DEREK ABEYTA, 38, married to ELIZABETH for 5 months

"We pick on each other. It starts with nagging, and then a little playful fighting, and escalates from there." —JOE CATANZARITI, 38, in a relationship with KAT for 6 years

"He puts on his nicest underwear!" —REGIANE ELIEL, 31, married to OSCAR for 7 years

"I ask him to help me 'make the bed,' or as I'm getting out of the shower, I'll call for him to look upstairs, then flash him. That always gets him running!" —JOSEPHINE BORRERO, 36, married to GIL for 14 years

"We get a little bit more touchy-feely with each other, and the hands say it all." —NIGEL HEYN, 32, married to VIBASHINI for 4 years

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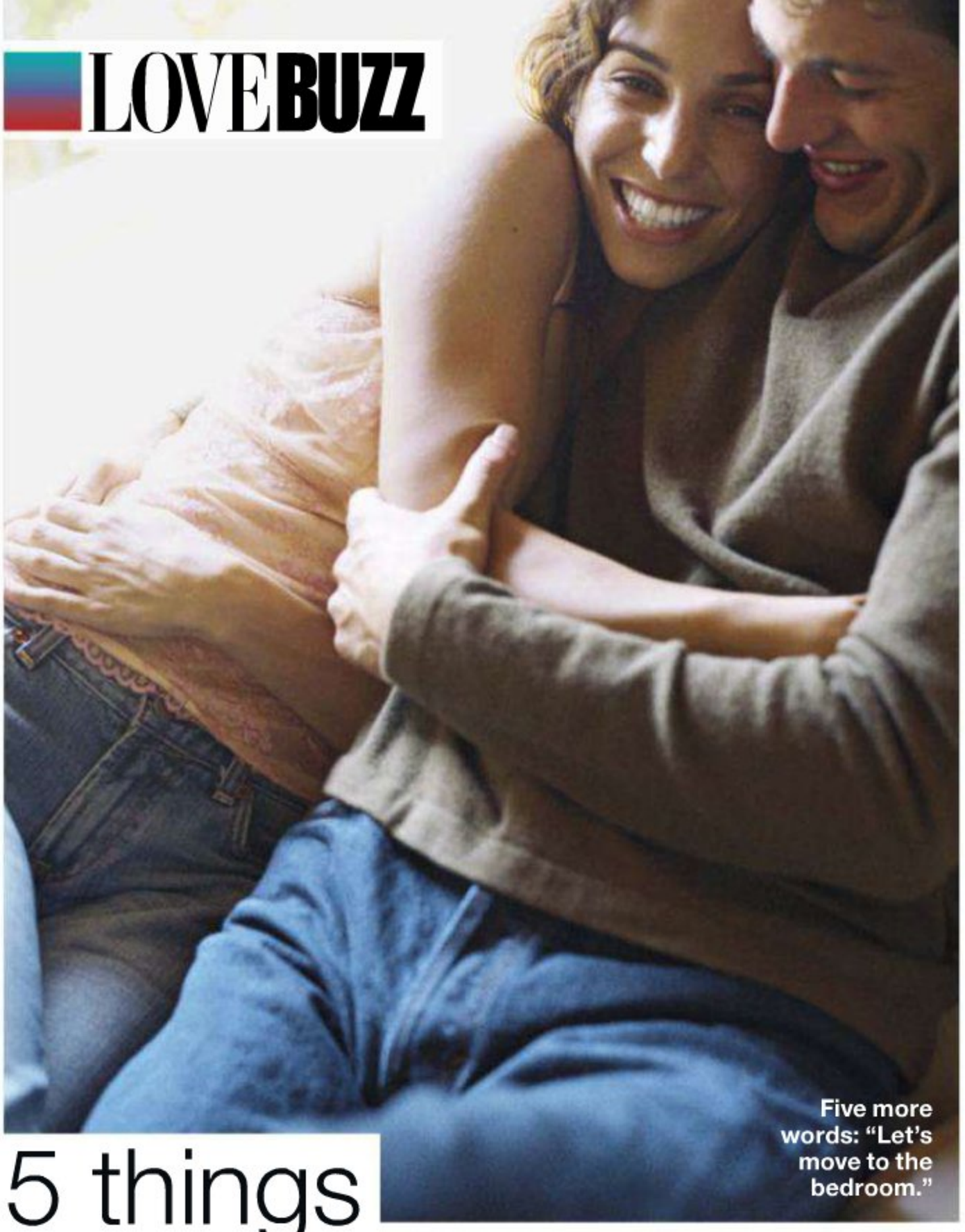

5 things good partners say to each other

In the same way that knowing a few key questions makes it easier to navigate a foreign country (*"Où est la toilette, s'il vous plait?"*), a few rudimentary phrases can help see you out of a relationship rough patch, says veteran marriage counselor Randi Gunther, Ph.D.: "In my 40 years of listening to couples, I've noticed that the best communicators use the same words, and I'm always surprised by how few people know them." Practice these if you want your relationship to last longer than the average trip to Paris.

1 **"We're in this together."** Says Gunther, "Marriage is full of trials. If your spouse tells you he lost his job, for example, you have less than five seconds to react in a way that bonds you and proves that your relationship is stronger than any difficulties. Let that window pass, and doubts arise."

2 **"You're better at this than I am."** "It's a huge asset to a relationship if both partners can own up to their weaknesses. If he's better in the kitchen, don't try to manage—step aside and thank him for cooking you something delicious!"

3 **"I'm angry."** "People often say they're *not* angry to avoid arguing, but that only prolongs a situation. Being able to express your emotions precisely and honestly gets you where you need to go faster."

4 **"Please tell me what's going on."** "This is the best thing you can say to open doors in an argument. It lets your partner know you're present, you're listening, and you want him to talk to you."

5 ***Anything* you say face-to-face.** "We live in an age where people tell computers and iPhones how they feel. Reading *I'm sorry you're sad* doesn't have the same effect as hearing those words and seeing the empathy. Couples who are actually there for each other, physically and emotionally, are much closer."

DEBORAH JAFFE/GETTY IMAGES.

SEX LIFE ROAD TEST

DIRTY TALK FOR BEGINNERS

We asked two couples who never get vocal in the bedroom to ramp up the dialogue during sex. They liked it—kind of…

Couple #1: A.C. and S.F., Detroit

"We don't have any complaints about our sex life, but we also never really try anything new. Talking dirty seemed like an easy way to spice things up. For inspiration, I watched the *Sex and the City* episode where Miranda gets over her fear of talking in bed. After some nervous laughter and a little bit of trial and error, we just embraced it. All of a sudden I was purring about how, um, big he felt! It was fun to try something new, but I don't think we'll be talking in any X-rated terms in the future. It was a little too uncomfortable, which detracted from what's normally a night without *any* downsides."

Steam factor: Warm 🔥🔥🔥

Couple #2: K.D. and J.D., Hartford, CT

"I've always thought dirty talk was something I couldn't do—he's even asked and I've resisted before. This time, I had a glass of wine to loosen up, and I was surprised by how easily I got into it! He kicked things off by telling me how sexy he thinks I am, and I reciprocated by being a little more vocal about what I wanted him to do and how it felt. The funniest thing was that once I started responding, I couldn't seem to stop. I was surprised by how much he loved hearing me say that I was enjoying myself. I never knew it would be so easy to make his night even better! I'll definitely keep trying."

Steam factor: Smoking! 🔥🔥🔥🔥

MY QUIRKY MARRIED NAME

You exchanged vows—but did you swap your last name for his? Many women take their husband's name, others stick with the one they were born with, but these ladies took a more novel approach.

➤ **"I'm on my second marriage,** so I took my new husband's name and hyphenated it with my first husband's last name. It's a mouthful, but I have children from my first marriage and wanted to respect the part of my life that gave me two amazing sons." —SUSIE MARTINEZ-DOMINGUEZ

➤ **"My husband took my last name** when we got married. My first name sounded silly with his, so he took mine instead." —CHANDA TIPTON

➤ **"We combined parts of our mother's maiden names** when we tied the knot. So Pena and Glenn turned into Penn. We'd watched a lot of Sean Penn movies when we first dated, so I took that as a good sign!" —ARYN PENN

➤ **"We decided to just pick a word** to be our new last name, because my husband didn't want to change his to mine and I didn't want to change mine to his. Our only requirement was that no one in the New York City phone book had it. We thought Dark was beautiful, and we checked and it wasn't used. We've been happy with it for 25 years." —ALICE ELLIOTT DARK

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Aaron and Kimberly, with son Reagan and daughter Chamberlyn, two months before Aaron's death.

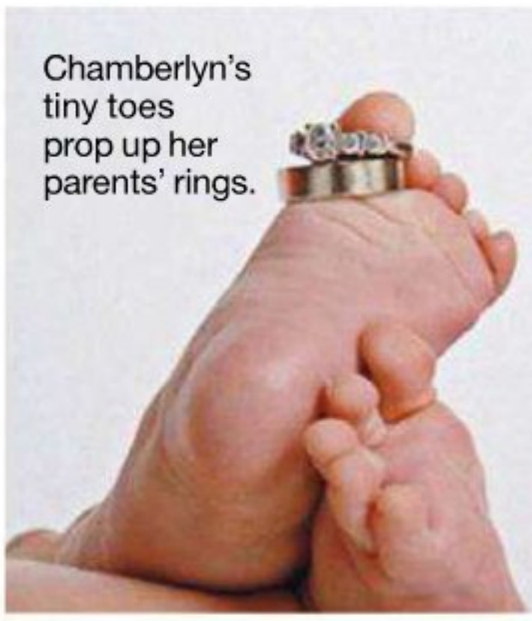
The **talk** that makes every relationship stronger

In August 2011, two Navy officers knocked on Kimberly Vaughn's door and told her that her husband had been killed in Afghanistan. Still reeling from the loss, she shares why planning for the worst actually deepened her marriage—and could do the same for yours. As told to Kira Zalan

I look so badass in this picture," Aaron said one morning while flipping through photos from his seven-month deployment in Iraq. In the shot, my husband is leaning on a Humvee, wearing camouflage fatigues and holding a loaded M-4 rifle. "Use it on my memorial program," he added, never taking his eyes off the image. We were curled up on the couch in the family room of our house in Coronado, CA, near the naval base. It was 2009. We were still newlyweds—married for just over a year—and already I was accustomed to the way he casually talked about his own death. Aaron was a Navy SEAL, a member of the elite military combat force branded the "ultimate warriors." SEALs are the ones sent in for the most dangerous special ops, including the mission that captured Osama bin Laden last year. Having buried a number of his comrades, Aaron never glossed over the very real possibility that he could be next.

Don't get me wrong—we were generally very upbeat together. I was a 30-year-old Redskins cheerleader when I met Aaron in Guam in 2005. I had volunteered to dance in the United Service Organization's variety shows during the off-season to entertain troops stationed overseas. Aaron had enlisted in the military three years earlier, at 21, like so many other young men and women who joined up in the months following the September 11 attacks. He was deployed to Guam, and I was only there for

COURTESY OF SUBJECT (3).



Chamberlyn's tiny toes prop up her parents' rings.

HELP KIMBERLY FIND AARON'S WEDDING BAND

In October 2011, two months after Aaron was killed in Afghanistan, Kimberly lost his wedding band, which she'd been wearing to feel closer to his memory. It disappeared between boarding her US Airways flight home from visiting family in Texas and deplaning in Virginia. Since then, thousands have joined in the search for it.

"When I realized it was gone, I could hardly breathe," says Kimberly now, her voice still catching when she remembers the moment. "I had already lost Aaron, and now I had misplaced this invaluable symbol of our love." Flight attendants pulled apart seat cushions in several rows after everyone cleared the plane, but it was

two days before flying off to the next stop on our tour. The night before our performance, I went with a few other dancers to a local dive bar. I noticed Aaron almost immediately: He was tall with an adorable thatch of strawberry-blond hair peeking out from beneath his Miller High Life baseball cap. He hung back from the dance floor with his buddies, but when they announced it was the last song of the night, I asked him to dance. He confessed that he had two left feet but didn't want to turn me down. The next day he came to the show, and we talked for hours until he dropped me off at the airport for my flight. I didn't think I'd see him again—he was six years younger than me and stationed in the middle of the Pacific Ocean. But he wouldn't let me leave without giving him my email address.

To my surprise, he used it. For the next four months, we traded emails and phone calls, until Aaron returned to his base in Southern California and I could visit him. That's when I knew we were serious. We were married in May 2008 in Washington, DC, and honored our military guests with a special dance to Toby Keith's "American Soldier." Aaron's friends, decked out in their dress blues, had just returned from the war zone. *See*, I told myself, *many of them do make it back.*

We didn't have a honeymoon. Three days before the wedding, Aaron got word that he needed to be back in Coronado to train new SEALs before his next deployment, to Afghanistan. Was I disappointed? Of course, but I knew the drill. My father, grandfather, and uncle were all in the Navy, and my sister was married to an Army guy. What no one could prepare me for was the ritual of completing deployment paperwork, which details a family's wishes in case their loved one dies. It was unnerving to write the names of the guys who had just stood as our groomsmen in the section listing pallbearers.

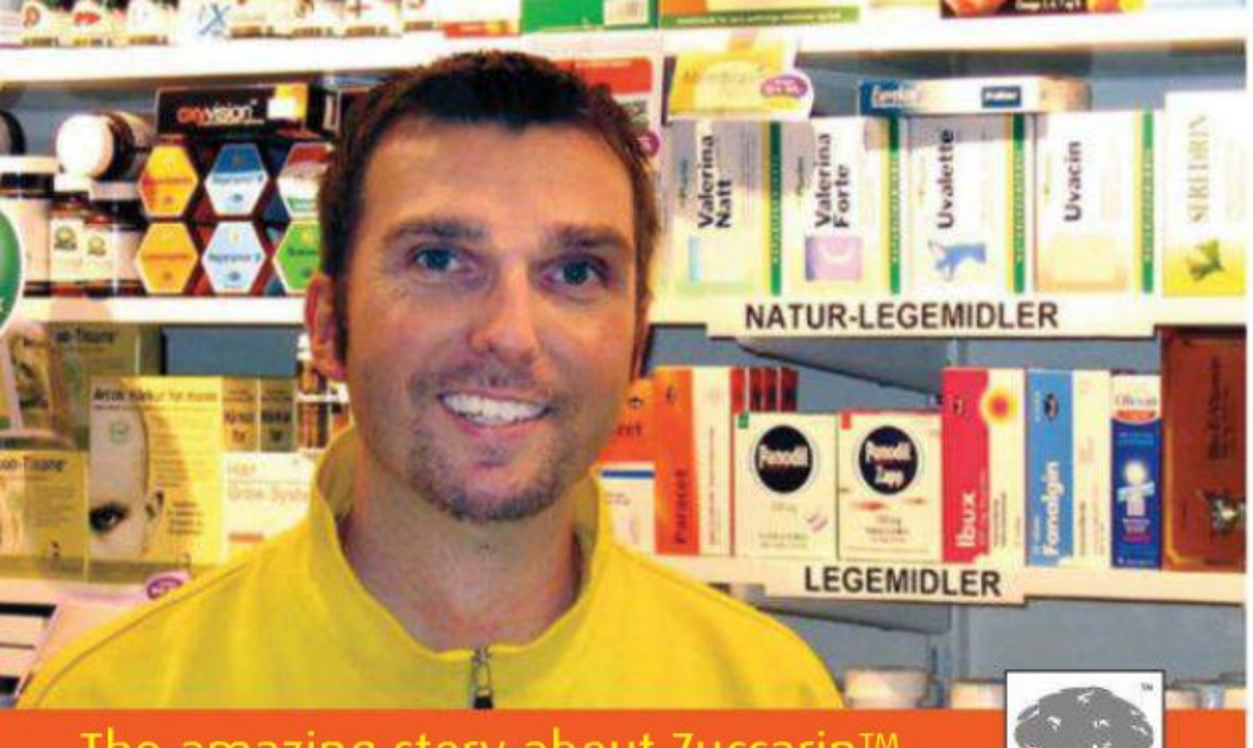
"You can never remarry," Aaron declared before leaving home again in 2009, after more than a year of training back in the United States. I had just given birth to our son, Reagan, and I could tell that the war—and the new family he was leaving behind—weighed on him. "No problem," I replied, smiling. (I liked that he was protective, with just the right twinge of jealousy.) That's usually how these talks started: He'd spout off his dying wishes at random moments, and we'd banter playfully. It was our way of dealing with pre-deployment jitters. "I'd want you to grieve for a couple months before you go out partying," Aaron would tease, and I'd joke back, "What if you died a young stud and by the time I met you in heaven I was an old lady with a walker? Would you still want me?" But beneath it all, the reality of planning for a life that might not include my husband seeped into every aspect of our relationship, and we made the most of the time we *did* have.

I tried to include Aaron in every milestone. While stationed in Afghanistan, he watched on Skype the first time our son rolled over, giggled, and ate a meal. He stole brief moments to call to tell me he loved me, even when he was exhausted from a grueling day. When he was home, I'd get up with him at 5 a.m. every morning to make him coffee and blueberry Eggo waffles before he left for work. I never missed a breakfast, because I cherished that quiet time alone while our son was still asleep. At night, we made the extra effort to talk before bedtime instead of zoning out in front of the television. And we purchased a lot to build our dream house in Virginia Beach—we didn't want to put it off just because we knew he was scheduled for another tour. That didn't mean we were unrealistic; Aaron urged my parents to buy the land right next to us, and at first I thought he was crazy. What husband wants his in-laws next door? "When I'm gone, you'll appreciate having them nearby," he said.

Aaron wanted this photo, taken while he was stationed in Iraq in 2008, on his memorial program.

Every conversation about losing him felt like peeling back another layer that left us both raw and vulnerable. Just weeks before his last deployment to Afghanistan, in June 2011, over a pepperoni and sausage pizza, Aaron suddenly flip-flopped about my remarrying. "I'd want you to," he said. "We're so young, I'd hate to think of you alone for all those years." At the time, I was pregnant with our second child, who was due two weeks before he deployed. Later that night, as I was folding onesies on top of my enormous belly, I asked him when I should baptize the baby. "You can't expect

nowhere. Hoping desperately that someone would find and return it, she called the airport lost-and-found numbers every day for months, contacted local news stations to spread the word, and finally, at a friend's urging, set up the Facebook page Find Aaron Vaughn's Wedding Band. The page went viral, gaining more than 12,000 fans, many of whom Kimberly had never met. Complete strangers offered her money to replace the ring, and jewelers mailed her free replicas. Thousands more have written touching comments of support and concern: "You and your family are in my prayers!" posted one woman. "Thank you for allowing your husband to fight for my freedom. He is watching over you and your family. You will find it! He will lead you to it." Kimberly still wanders over to baggage claim lost-and-found offices every time she takes a flight, but the ring hasn't turned up. "I still have hope," she says. "But what I've found in its place—the outpouring of love from so many strangers—has helped keep Aaron's memory alive in a way I could never have imagined."



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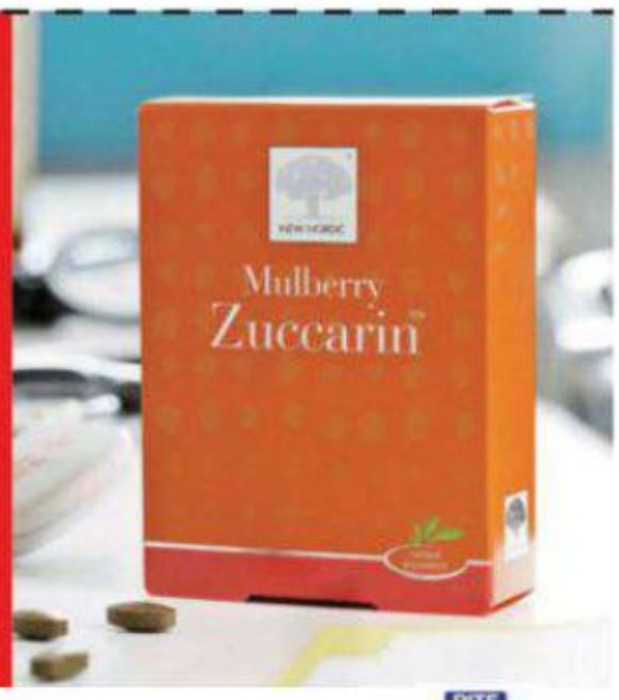

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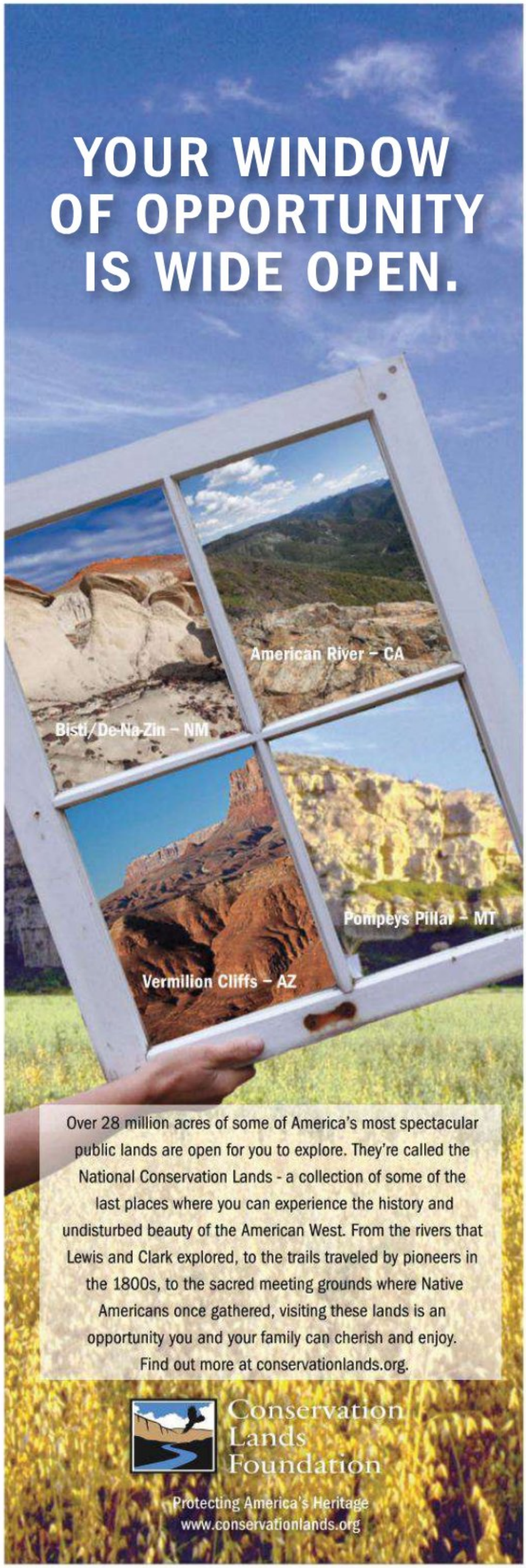

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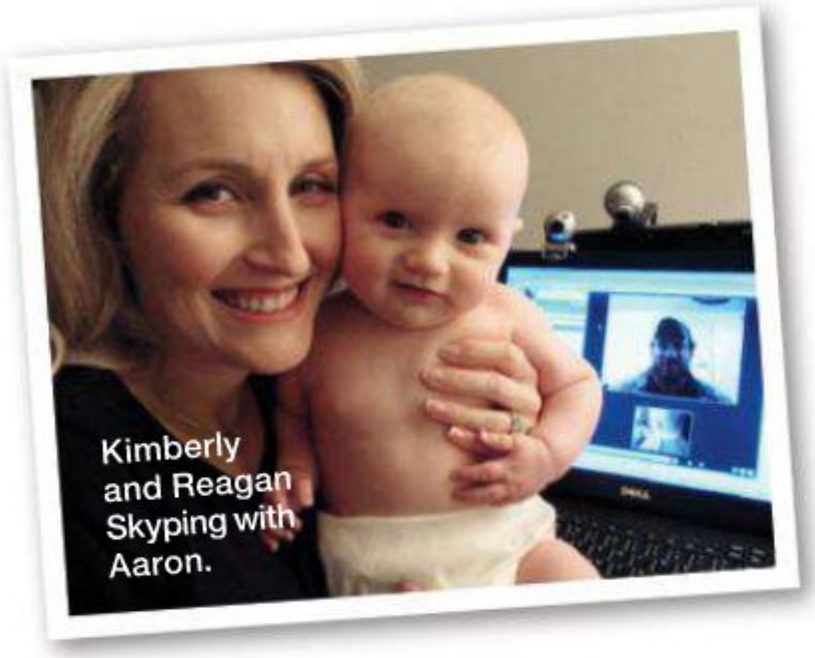
Photographs by Bob Wick, BLM © 2010


Kimberly and Reagan Skyping with Aaron.

"Most couples don't realize they're missing out on a whole level of intimacy. Talking about death made us more alive."

to get into heaven just because you're baptized," he said. "You have to ask for forgiveness." Knowing that my religious beliefs were somewhat different from his, I suddenly understood that he feared I wouldn't be able to get into heaven too. "I will," I reassured him. In that moment, I saw Aaron not just as my husband but as a young dad dealing with his own mortality and the possibility of leaving behind children who may never know their father. When we said our last good-bye before he set out for what was supposed to be a four-month mission, he squeezed his wedding band onto my thumb and told me, "Things like this have a way of getting lost if something were to happen." It was the first time he had ever left it behind.

Two months later, on a cloudless August morning, I was staying at my parents' home in Burke, VA, with my kids while our new house was under construction. I had brushed my teeth, pulled my hair back into a ponytail, and was preparing to feed my 2-month-old daughter, Chamberlyn, in the kitchen when I heard a breaking news announcement on the TV in the next room. I was too busy to pay attention until the anchors somberly reported that a U.S. helicopter carrying 22 Navy SEALs had been shot down in Afghanistan. There were no survivors. I froze in my tracks, but my mind worked quickly. Hadn't I just seen Aaron's Skype icon on my computer screen? Yes, and it had been green for active. I dismissed the negative thoughts and picked up the baby. Minutes later, the doorbell rang.

When I saw the two naval officers at the door, I knew. My mom grabbed my daughter from my arms, and my dad caught me as I collapsed to the floor in sobs, as if in a slow-motion movie scene. That night, I pulled Aaron's wedding band out of my jewelry box and slipped it back onto my thumb, longing for any connection to him as I plodded along in a suspended state of disbelief. I wanted to hide from the reality of his death, but so many decisions needed to be made. Did my husband want to be cremated? Should his casket be steel or wood? Where did he want to be buried? I needed to know which song to play at his memorial service and which photo to print on the program. The questions overwhelmed me, until I realized that Aaron had planned all of it over the years. We'd had the conversations I needed while he was still alive.

Most of my girlfriends never understood our "If I die" discussions. Their reactions were part fascination, part disbelief at the spookiness of it. To them, it was fine that Aaron and I were realistic about the risks of his job, but they were content to go on thinking of their husbands as invincible, even though more people die in car accidents than on deployments. What most couples don't realize is that they're missing out on a whole level of intimacy. So don't be afraid to talk about death with your spouse—it'll make you more alive in your relationship. Though Aaron and I only had a short time together, those conversations brought us infinitely closer, and it's that passionate intimacy, which touched every aspect of our marriage, that I will always treasure. ®

Today, Kimberly, Reagan, 2, and Chamberlyn, 9 months, are a strong family of three.

FROM TOP: COURTESY OF SUBJECT; ADAM EWING.

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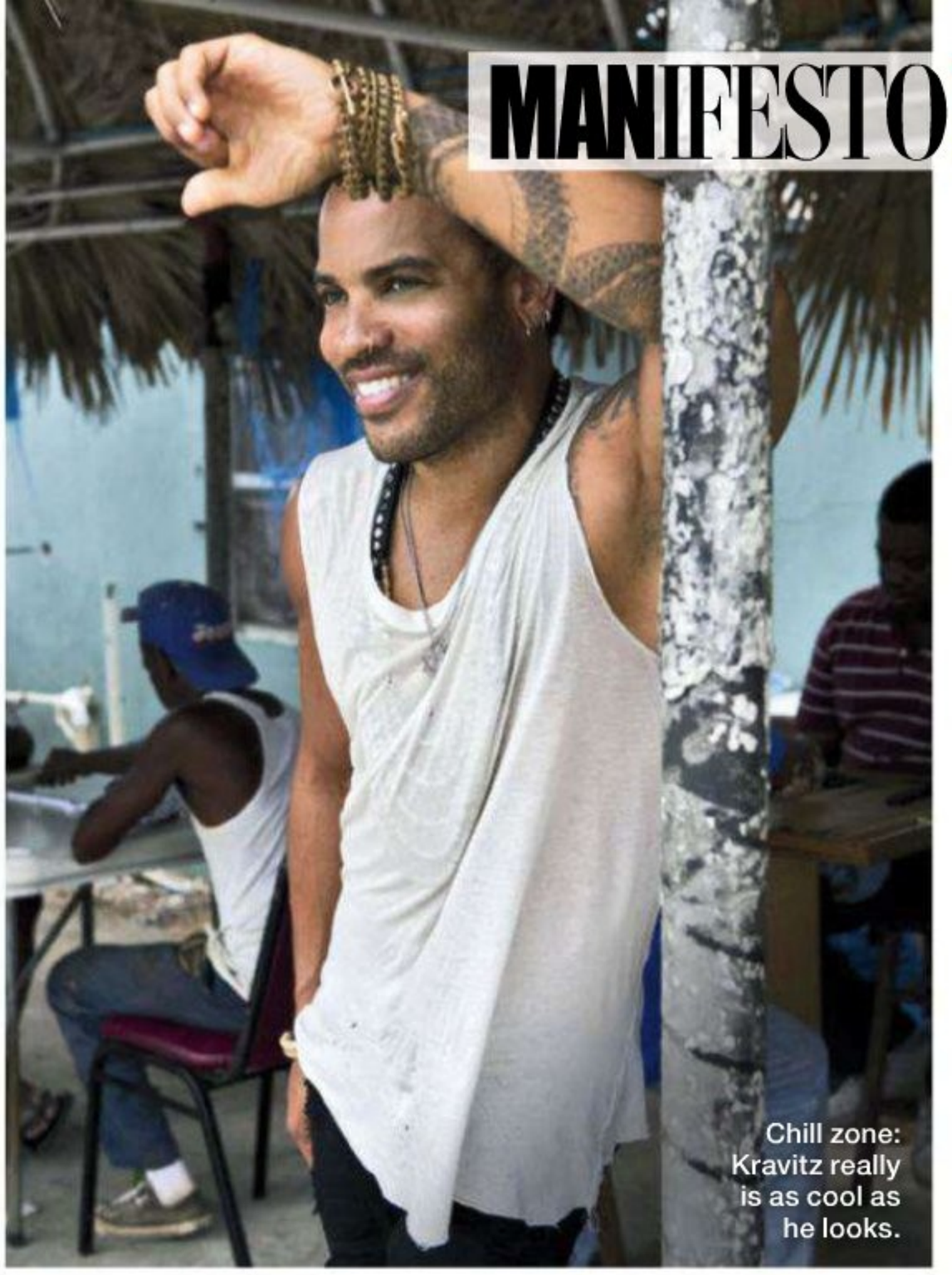
Lenny Kravitz is just waiting for the right girl

He's a globe-trotting, tattooed rocker. And interior designer. And actor, who stars in this month's *The Hunger Games*. But what he really wants is love.



Chill zone: Kravitz really is as cool as he looks.

LENNY AT A GLANCE

Teenage hang:

TIMES SQUARE
"Oh, the things you would find and witness around 42nd Street."

Grooves to:

RADIO NOVA IN PARIS
"They play everything from Serge Gainsbourg to funk—and you can listen online."

Side project:

WALLPAPER DESIGN
"This collection is called Tropicalismo."

FROM TOP: AARON WARKOV, MITCHELL FUNK/GETTY IMAGES, COURTESY OF KRAVITZ DESIGN.

You recorded your new album, *Black and White America*, mostly in the Bahamas. That must have been nice.

I moved there for two years on and off. I had one bag, a few shirts, a couple of jeans, and a pair of shoes that I never wore. I lived in my Airstream trailer—and I've never been happier.

That kind of lifestyle isn't for everyone, though.

When people visit, they go nuts. They're used to that constant urban stimulation. And here I am with no Internet, no TV. I had one friend who freaked out after just one night!

How come you're able to unplug so easily?

I spent all my childhood vacations in the islands, where my mother [Roxie Roker, from *The Jeffersons*] was from.

You have a design firm—tell me about that.

It's Kravitz Design. We're working on a 50-story high-rise in Miami now, and doing *all* of it.

And you're acting! Do you like it?

I love being directed. When I'm working on music, it's all me. Acting is the opposite, and that's a wonderful thing.

Are you good at taking direction?

Yeah. I grew up performing at the Metropolitan Opera, and as a teen I sang in the California Boys' Choir. I like being part of a group.

Speaking of direction, how hands-on are you as a parent with your daughter, Zoë?

Zoë knows what she's doing—she's really smart and intuitive. I just watch and smile. And everything I do is for her.

You must be the coolest father on the planet.

We hang out a lot. Her friends say, "Wow, I wish I had that with my dad." My group of friends is her group of friends.

But that can be complicated, no? Is she protective of you?

Very. She screens all the women I date!

I would imagine you can't exactly date her pals—or even women close to her age [23].

It's an interesting dynamic. I feel like a kid still, and I look in the mirror and not a lot has changed. I've definitely upped the age of the women I date. But I've always dated women of all ages.

And a very cool mix: Lisa Bonet, Nicole Kidman.... Who's next?

I'm waiting to see what God presents me with. I'm a hopeless romantic. It's all in my songs.

What style are you rocking these days?

I call it urban nomad—a world traveler from the jungle to the desert to the city. I've been through every kind of style, and some have been scary!

Sounds like you're perfectly suited to play Cinna in *The Hunger Games*. Tell me about him.

Cinna is a stylist, in charge of creating images for this girl who has to go out and survive. And what he creates has to be liked by the crowds; it's a key element to her existence.

Did you have any say in your costumes?

I definitely gave my opinion to the wardrobe people. But it was their call in the end.

Does it work?

You'll have to see for yourself... —MARISA FOX

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5 secrets from the man vault

Your guy might not be ready to admit these truths, but Aaron Traister is. File them under "Ah, that explains it!" or "Stuff I'm not sure I wanted to know."

REDBOOK columnist Aaron Traister lives in Philadelphia with his wife and two kids. Read his blog at redbookmag.com/whysguy.

I recently grabbed an awesome old wood-and-steel machinist's stool from a pile of trash on the curb. If my wife, Karel, finds out, she'll throw a fit (she's urged me to stop bringing home stuff I've found in the garbage), so I'm hiding it in our basement in hopes that the smell will go away. What does this have to do with anything? Well, most guys have stuff they don't want to share with their wives, or the rest of the world—things that make us feel guilty or strange. But no more. REDBOOK is all about confessions this month, so with this column, I am WikiLeaking the dark corners of my mind in an effort to have a more open, positive relationship. I hereby announce that I'm sowing the seeds for my "Aaron Spring." And I'm betting my list will illuminate the opaque spots of your man's secret self too. Let the catharsis begin!

1. I play dead to get out of stuff. From faking illness and injury to get out of a niece's first Communion or a dinner with the in-laws, to silently "hanging out" in the attic when their wives want them to clean the gutters, most guys play possum at some point in their relationships, because a lot of the things you want us to do are about as fun as... cleaning gutters. For me, it's when the kids cry out in the middle of the night. I'm at my worst between my "goodnight glass of scotch" and the first sounds of my children fighting in the morning. I'm bleary, incoherent, and off-balance. (Perhaps my goodnight glass of scotch should be a little smaller.) I always end up making my kids feel worse when I show up in their room bumping into things and cursing, so I fake sleeping through their cries and let Karel grumpily deal with it. I make sure that on those nights, Karel gets to sleep in the next morning, but somehow I think that might not make up for it.

2. I behaved irresponsibly right up until saying "I do." Guys hold on to bachelorhood like Kate Winslet held on to Leonardo DiCaprio in *Titanic*. We're not letting go until it becomes clear that we'll be dragged under the icy North Atlantic if we cling to it any longer. The most obvious example of this is the bachelor party. Years ago, when I worked security at bars, I was always amazed that dudes thought it was okay to have one final go with a stripper a week before tying the knot. I never had a bachelor party (after trying to control them as a bouncer, they lost their appeal for me), but I did do my share of drugs right up until the last possible minute. Karel made it clear that my partying was a deal breaker in our relationship, so I secretly eked out every Keith Richards moment I could until we exchanged rings. I know it sounds childish, but before I got married, I firmly believed that the transition from boyfriend to husband would be as dramatic as night and day, and that I would wake up a different man. Believe it or not, I did.

ILLUSTRATION BY NATHALIE DION. TRAISTER: BRIAN KENNEDY.

3. I miss casual sex. I love being married, and I appreciate monogamy. It keeps me focused in a way I never was while I was on the prowl, and I'm also lucky that my wife happens to be a firecracker. However, I also used to love wandering into a bar and walking out with a stranger, someone I could spend a few fun hours with, no strings attached. It's a huge ego boost, especially when you don't look like Tom Brady. It makes you feel like the greatest used-car salesman in the world. It's also kinda romantic. Not Disney romantic—more like Nina Simone romantic: melancholy, boozy, lovely, very adult, and weirdly French. Who doesn't want to feel a little French every now and then?

4. I have a security blanket, but creepier. When I go on a job interview or I'm in an awkward situation (i.e., every social occasion, but big, fancy parties specifically), or I need a little good luck, I keep a pair of my wife's undies in my pocket. Surprise, honey! Apparently, my habit isn't as weird as I thought: I ran this by a few women, and they had similar tales about their husbands' wanting to know the color of their underwear before leaving for work or keeping a pair in their desk at the office. I guess I do it because thinking about Karel calms me down, and thinking about sex gives me incentive to do things a bit better. Perhaps as I'm nervously fingering her lacy underthing in my pocket, in my head I'm hearing her say, "Aaron, you got the job! Let's celebrate!" Then again, nervously fingering anything in my pocket during a job interview is probably not going to open a lot of doors. I'm working on this one.

When I need a little **luck**, I keep a pair of my wife's **undies** in my pocket. Surprise, honey!

5. I downplay how much I spend. I feel like Betty Draper admitting this, but whenever I tell Karel I've bought something, I factor in a 15 to 25 percent discount. So if I buy a pair of running shoes for $100, I tell her I paid $75. My friends and I call this "the wife price." To be fair, I've caught her doing the same thing to me. I think it's because we were so broke for so long that we're always kind of waiting for the other shoe to drop, immediately and with a tremendous amount of force, and that we should be putting that extra 15 to 25 percent toward our inevitable crushing financial future. It's like we can see a time when all we have left fits in a bindle, and neither of us wants to shoulder the blame because we spent an extra 25 bucks on a pair of Adidas.

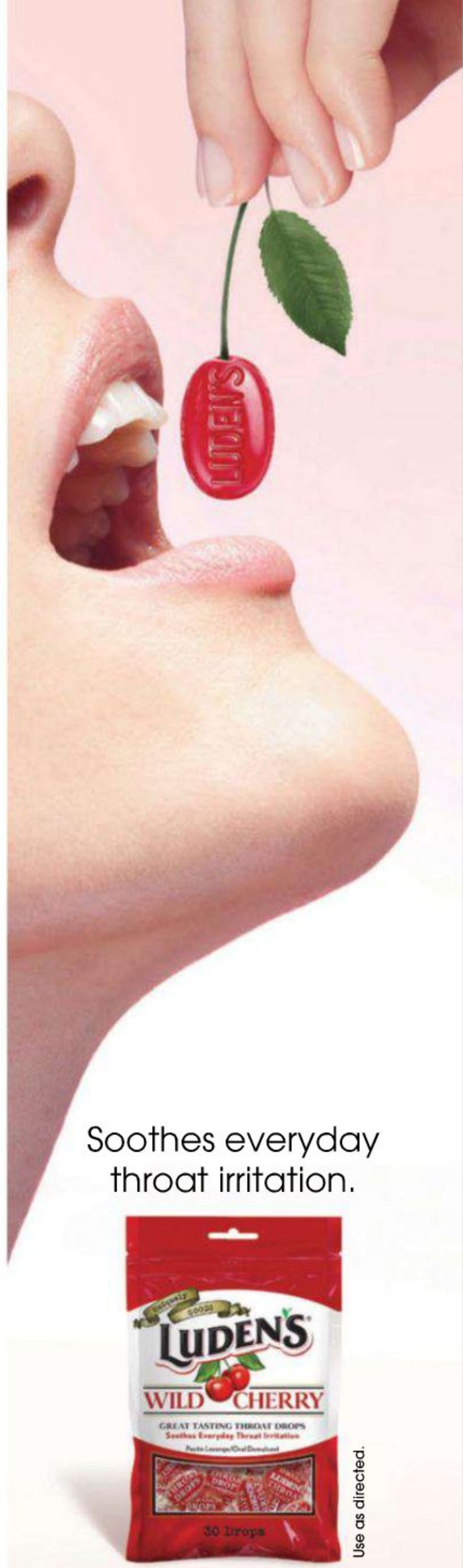
Wow. I feel lighter already. Writing this saves me the trouble of actually having to tell my wife about where her panties went or what that funny smell coming from the basement is. I'm sure she'll find this information helpful, and that it will add a deeper level of understanding to our relationship. Right, honey? Karel? ®

Straight answer from the Whys Guy

Dear Whys Guy: Why is it that whenever guys make a bet, they wager something having to do with their facial hair? —Hilary, RI

I'm actually rocking a pretty vicious handlebar mustache as I write this, and it has nothing to do with a bet. The truth is, guys are looking for any excuse to mess with their facial hair. Have you been to your local hipster hangout recently? It's like an Olde Timey circus. My point is, if a dude suddenly shows up with a Tom Selleck, '80s-style mustache and says it's because he lost a bet, he's just covering. He really wanted to see how he'd look with a Magnum.

Need help decoding male behavior? Email your questions to redbook@hearst.com (subject: Whys Guy). Letters may be edited for clarity and length.



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IT'S COMPLICATED

Everyone pushing your buttons? Karen Karbo will help you keep your cool.

Advice guru Karen Karbo is a mom, a teacher, and the author of the book *How Georgia Became O'Keeffe*.

We're not babysitters!

When my brother-in-law and his family come to visit, his wife lounges around reading magazines while their son runs through our house like crazy. His mother seems to think that because they are visiting, we should watch him while she "takes a break." What should I do?

—S.W., 42, NORTH CAROLINA

The Lounging Wife may be annoying, but it's not fair to place all the blame on her for her son's behavior. Your nephew is, after all, your brother-in-law's child too. Plus, straight-talking to moms about their kids or parenting skills would require the finesse of a world-class diplomat. I'd ask your husband to discuss the situation with his brother. A man-to-man chat may go over more smoothly if you can get your husband to suggest that they pack some toys or games to keep their wild child busy the next time they come to visit. And it wouldn't hurt for you to stock up on a few kiddie DVDs in case they forget. When your nephew starts driving you bonkers, a TV coma should mellow him out. If all else fails, why not try moving a few family gatherings to their place? That way, everyone still gets to be together and *you* get to lounge around.

How should I break up with a friend?

I've had to face the difficult decision of ending several friendships this year. They had become competitive and superficial, and I wasn't my authentic self around these women. I just deleted them from Facebook and avoided all contact. Is there a better way to handle this?

—C.B., 38, TEXAS

Hold it right there. Do you *really* think it's okay to cut off friends with a click of the mouse and not even a word as to why? C'mon! The same way you'd break up with a boyfriend, you owe your female friends an explanation for dumping them. You might find that these "superficial" pals have a reason for their behavior. Maybe they're keeping things intentionally light because they're struggling with something. But you won't know unless you talk to them. Unfriending and dodging all contact is easy, but not kind.

Need some life advice?

Send questions about perplexing friends, family, mates, colleagues, and anyone else to karenkarbo@redbookmag.com, and include your initials, age, and state. Letters may be edited for clarity and length.

TARA DONNE.

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Church stars in *We Bought a Zoo*, out on Blu-ray and DVD this spring.

Thomas Haden Church, interviewed by his daughter, Cody, 7

He's a part-time rancher and the voice of a villain in this month's *John Carter*, but his little girl can thumb-wrestle him right to the ground.

Cody: Papa, who is your favorite Disney character?

Thomas: Goofy, because he has that lovable innocence.

Cody: I like Dumbo because he can fly with his ears. Who is your character in this movie, Papa?

Thomas: I play a 9-foot-tall green lizard whose name is Tal Hajus. He's kind of creepy.

Cody: Do you prefer being in L.A. or in Texas?

Thomas: What do you think?

Cody: I think the ranch here in Texas.

Thomas: You're right. I did not like living in L.A.

Cody: What's our favorite thing to do together?

Thomas: Swimming and arm- and thumb-wrestling. We also love to feed the animals. We get into our ATV, and you steer, then we toss the food out, and what do you like to do?

Cody: Hit them in the head!

Thomas: What else do you do when I drive?

Cody: Tickle you!

Thomas: And what do I tell you?

Cody: To sink the tickle.

Thomas: Because it doesn't really tickle until you sink the finger.

Cody: Papa, were you like me when you were little?

Thomas: Oh, yeah! You're loud and bossy.

Cody: That's a lie!

Thomas: Really? When we visit my folks and you start telling me what to do, they think it's hilarious, you bossing me around. They said I was just like that. —ADAPTED BY MARISA FOX

MIA CHURCH PHOTOGRAPHY. INSET: COURTESY OF SUBJECT.

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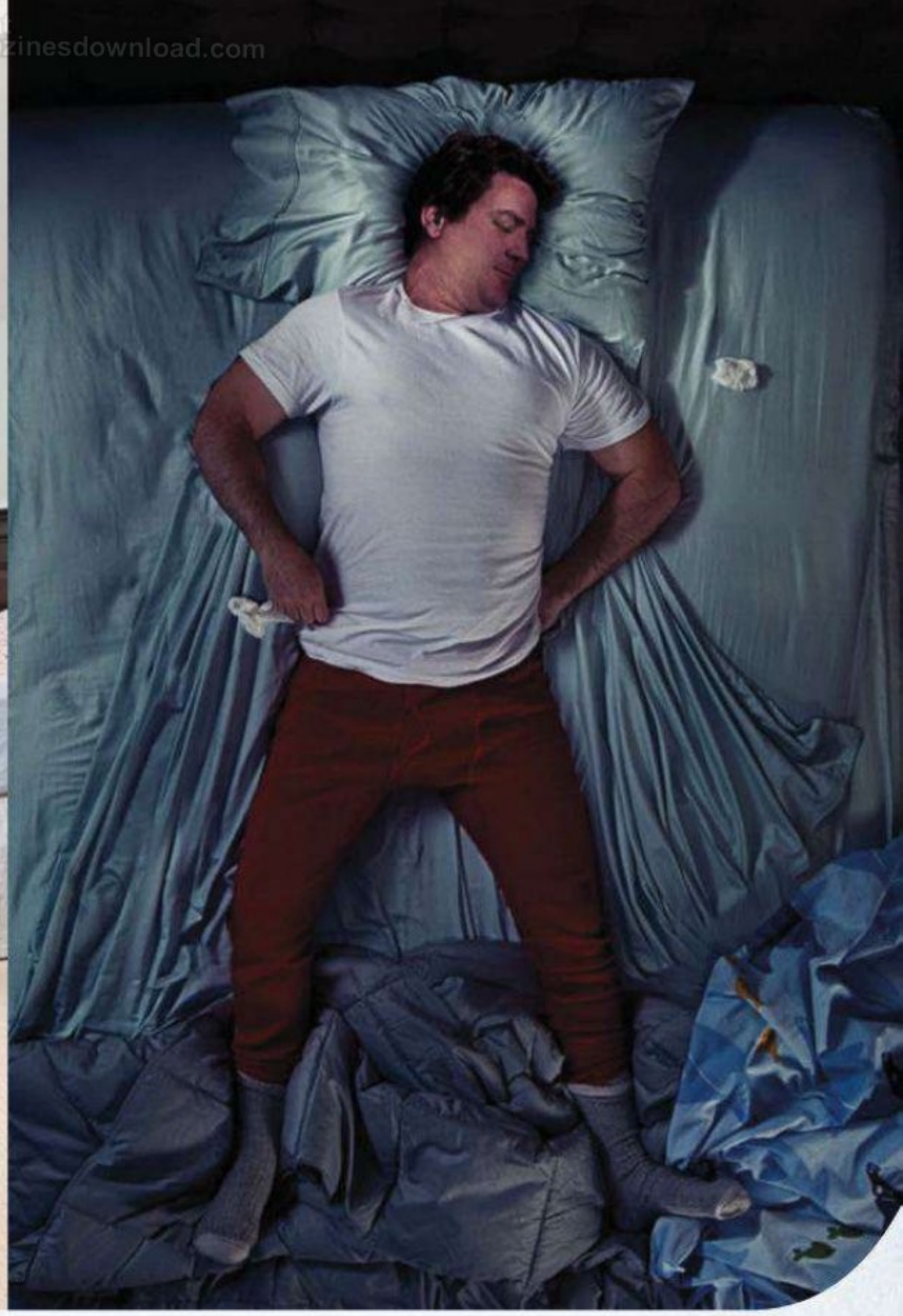

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IT'S 7 P.M.

The night before spring break: **Get packing**!

● **Enlist the kids.** "My 12-year-old has been packing her suitcase for two years, and my 9-year-old started packing his carry-on at 7," says Jamie Pearson, a blogger at travelsavvymom.com. Make it fun by downloading the Packing Pro app ($2.99) to your tablet or smartphone and letting the kids borrow it. Input a packing list for them, and they can check off items as they go.

● **Don't waste time folding.** Instead, lay your clothes flat in a pile, says Doug Dyment, the expert behind onebag.com. Anything silk, linen, or wrinkle-prone goes on the bottom. When you're done, place a small flat bag filled with underwear and socks on top of your duds. Then wrap each piece of clothing around the bag to form one compact, amazingly wrinkle-resistant bundle.

● **Prep for security.** Set out comfy clothes and shoes for the plane so the next morning runs smoother. And don't stress if your kids want to wear their lace-ups: Children 12 and under can now leave shoes on, thanks to new TSA rules. Also, go ahead and stash iPods, Game Boys, and cameras in your carry-ons; only laptops need to come out at security. —ASHLEY NIEDRINGHAUS

MAKE EASY MONEY!

Want to earn an extra $5,000, $10,000, or even more every year? Here are five side gigs real women swear by, plus one **extreme** job **confession** you've never read before. By Farnoosh Torabi

Women around the country are fed up with the snail's pace of economic recovery, and they're refusing to wait politely with their hands folded, hoping that a presidential candidate or a Powerball ticket will solve their money issues. Instead, they're answering the challenge with side hustles—many of which can be done from home or on a flexible schedule. Why is the extra work worth it? The thousands in added income can make the down payment on a house possible, erase credit card debt, provide little luxuries, and, perhaps most importantly, give you back a sense of financial control.

In the words of Hannah*, 30, a single mom of a 5-year-old who added a few waitressing shifts to her full-time job as a school psychologist: "I'm doing what I have to do to keep a roof over my son's head. It almost feels noble."

She's right: There is something heroic about swooping in with a talent or a former job skill you've been harboring all these years and turning it into real money. So how can you help your family's bottom line? Ask these smart, fierce supermoms who have found real-life ways to make more money, *their* way, on *their* time. They definitely deserve capes, and so will you.

PET BOARDING

If you love dogs, pet boarding can be an easy way to earn anywhere from $20 to $50 a night, per pooch, depending on where you live (rates tend to be higher in cities). Lindamarie Schweizer, 59, regularly boards dogs in her Scottsdale, AZ, home where she lives with her husband and two teenagers.

How to get started: Lindamarie joined sleepoverrover.com, a site that handles all of her advertising, reservations, and payments. (Another option: Partner with a local vet or pet store and ask them to refer people to you.)

ILLUSTRATIONS BY JOHN PIRMAN.

*Some names have been changed.

VIRTUAL ASSISTING

Earn $45 to $50 a day executing other people's random tasks. The site taskrabbit.com, for example, has a long list of "virtual assistance" gigs you can do via your laptop, ranging from data entry to online research. The best part: You can work from anywhere. Zarah Pimentel, 43, runs a virtual-assistant business from her home in the Philippines and says it helps her make extra money now that her 6-year-old daughter is in school. "I can work in my pajamas without makeup, and I never have to sit in traffic," says Zarah, who earns $6 an hour because she's overseas (assistants in the United States can earn more than triple that rate). "The more technical your skills, the more you can charge," she adds.

How to get started: To sign up with taskrabbit.com, go to the site to submit an online application and do a video interview. In return, the company will send you a copy of its guidelines and quiz you on it. The process usually takes about a week to get through, and 70 percent of applicants are accepted. Similar sites worth looking into are elance.com, odesk.com, and virtualassistants.com.

WAITRESSING

New mom Stephanie, 31, is an IT analyst by day, cocktail waitress by night. She works one shift per week while her 14-month-old sleeps, with the goal of erasing the family's credit-card debt—some of which comes from basic purchases like groceries. "Waitressing has helped us make ends meet," she explains. It also helps them have a life. "We have cable. We go out to dinner once a month. If I didn't have this other job, we wouldn't be able to do that."

How to get started: Job sites like simplyhired.com and indeed.com often have waitress listings. Servers we spoke with say the in-person approach works well too: Just walk into the restaurant with your résumé after the lunch rush and before the dinner crowd (2 p.m. to 4 p.m. is a safe bet) and ask to speak with the manager.

ONLINE TUTORING

Former high school teacher Kristin Mahoney, 28, tutors physics and math online while she's at home with her two young children. "When I became pregnant, I knew I wanted to stay home, but my husband's salary wasn't enough," says Kristin, who earns $1,000 a month tutoring. She finds clients using tutor.com, an online service that connects tutors with students. The pay is typically $10 to $14 an hour, with monthly bonuses for positive reviews from clients.

How to get started: You don't have to be a certified teacher to qualify, but you do

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need to have a college degree or be in the midst of earning one. The process isn't just sign-up-and-start, though—there's an online application, followed by an exam, a tryout session, a background check, and another exam. The good news: You only have to test in the area you'll be teaching, from math and science to writing and job-interview prep.

CALLIGRAPHY

After nine years of working as a college dining-hall manager, Jennifer Witham Buck quit her job to be at home with her 2-year-old son and make money hand-lettering stationery for weddings and other special events. The gig earns her about $1,600 a month—and that number spikes to $2,500 during the busy summer wedding season. "I first learned calligraphy when I was 9 years old, using Mr. Sketch smelly markers," says Jennifer, 34. "I always liked doing it, and all that practice paid off!"

How to get started: Jennifer got her first clients from a local wedding show, where she paid $200 for a booth and displayed examples of her work. Need to brush up on your penmanship? There are dozens of books on how to do calligraphy, and also instructional YouTube videos.

With so many ways to make extra money, **no woman** should have to **resort** to taking off her clothes. But some mothers are doing just that, thanks to a down economy. Jennifer Wolff Perrine talked to one who openly **admits**...

"I strip for quick cash"

A stripper's pole punctuates the center of Leah Bay's sparsely furnished dining room in a working-class section of Queens, NY. Plastic gold trophies—Miss Nude Brunette among them—line shelves along the wall, and large cardboard boxes brim with the glittery outfits Leah wears onstage: drum majorette, Catholic schoolgirl, even a Nintendo Mario Brother. Within eyeshot is Leah's daughter's pink bedroom, with butterfly stencils on the wall and a Disney-princess quilt on the bed. Workbooks for the ERB—the test to get into New York City's most exclusive private elementary schools—sit on the 4-year-old's desk, dog-eared. "We go over them every night," Leah says. "*Every* night."

On Leah's website, she fully embodies the stripper stereotype: The homepage features a photo of her in a bra and patent-leather spike heels. But in her living room, wearing sweats and a T-shirt, she looks like anyone you might pass on the street. You'd never guess that she performs at strip clubs on weekends, hoping to give herself and her family a better life.

Leah started dancing when she was 19 years old, to supplement her income as a screener for the Transportation Security Administration. She'd head to a club once a week or so, sometimes earning up to $1,400 a night, and that was strictly for dancing—no grinding on men's laps or sexual favors. She quit in 2005 when she met her now-husband, Joseph, who also worked at the TSA. Right away she knew she loved him, and she was afraid he wouldn't think of a stripper as marriage material.

Flash forward two years, and Leah, Joseph, and their baby were doing okay, but not as well as they had hoped. She wanted to live in a house that she owned. She wanted her daughter to go to private school in Manhattan, which can cost $40,000 a year. (They're currently applying.) And she wanted to be home with her little girl. So when her daughter was 5 months old, Leah left her with Joseph for the weekend and headed to a New Jersey strip joint, where, unlike in New York City's glitzy clubs, dancers didn't "have to have the perfect body," she says. There she put on a bikini top and boy shorts—baby weight, stretch marks, and all—and wrapped herself around a pole.

"I felt self-conscious and scared," she says, admitting that the 60 pounds she'd kept on since her pregnancy put her at a disadvantage. "When I made only $200 that first night, I called my husband crying." Joseph calmed her down and encouraged her not to take it to heart—a huge relief for Leah.

She once feared that he'd judge her for stripping, but instead he had emerged as the support system she needed.

"I understand that her job is to arouse men," says Joseph, who asked that his name be changed in this article so that Leah's fans don't try to connect with him on Facebook. "But there's no intimacy with them. It's a service. A guy she meets in a club is not going to come between us."

With Joseph's go-ahead, Leah kept stripping. "I needed more time with my daughter, and in order to get that, I needed more money," she reasons. There was something else, too: When Leah was a child living with her dad after her parents' split, she didn't want for much. Then, at age 14, she moved in with her mother and six siblings; it was a loving home, but money was tight. Leah left her private school, and collected soda bottles for change so she could do things like go to the movies. "I never want my daughter to struggle like that," she says.

Peter Feinstein, managing partner of Sapphire Las Vegas, the largest strip club in the country, estimates that as many as 25 percent of his dancers are mothers. "We get moms from other states who come to dance for the weekend," he says. Adds Angelina Spencer, a representative of the Association of Club Executives, a trade organization catering to the adult entertainment industry: "We're now seeing women who would never have considered this line of work."

Eventually, Leah started earning several hundred dollars a night stripping while she continued to work for the TSA, enabling her and Joseph to buy a brick town house. At first they believed they could cover their mortgage by renting out two of the three floors. But even with tenants, they couldn't make their payments. "I tried not to be scared," Leah says, "but my husband was freaking out." Leah began working double, sometimes triple shifts at the TSA, and Joseph searched Craigslist for odd jobs—a painting or moving gig that might pay $100. One weekend the couple drove around their neighborhood collecting cans for money. "We only got $50," says Leah, who was reminded of her teenage years. With few options, they cut their cable and sold their car. All the while, Leah continued to dance on the side.

Then, in 2009, she quit her job at the TSA to become a "feature entertainer," an exotic dancer who travels to strip clubs around the country and does stunts—like twirling a fire baton or taking a shower onstage—during a 20-minute show. Now, Leah typically earns $3,200 for a three-night gig (admittedly on the low end of the scale, she says), including tips. She made $73,000 last year, and expects to earn more, while Joseph continues to work at the TSA. But the money, Leah admits, can't always compensate for the job's humiliation factor. "Guys have said, 'Get away from me, you're ugly' or, 'You're too fat,'" says Leah. "I can say 'Hi' and then get called every name in the book because some guy is drunk. It gets to you."

It can also get to your husband, as Rachel, a married mom of three young kids, told us. She graduated from a prestigious university and once held a well-paying finance job before quitting to stay home with her children. But that was a luxury her family could no longer afford last year, when her husband lost his job and they racked up $30,000 in debt. A few months ago, the couple decided that Rachel should make use of the "skills" she'd learned at pole-dancing lessons—a fitness trend she'd tried during better times. With the help of a friend, she got a job at a strip club about an hour from her home. The gig is still new, but she's been working two or three shifts a week, earning as much as $600 a night. The money has helped Rachel catch up on her family's bills, as well as buy new clothes for her kids. But the cost to her marriage has been steep. "My husband has a hard time dealing with what he imagines is going on," she says. "I told him I would quit and find a full-time job, and he said, 'No, the damage is done.'" Perhaps it was her husband's attitude that caused her to stop speaking to REDBOOK, even anonymously. After several phone conversations and email exchanges, Rachel canceled plans to meet in person and cut off all contact.

"I felt **self-conscious** and **scared**. When I made only $200 that first night, I called my husband **crying**."

"Stripping is an expensive job emotionally," says former stripper Lily Burana, author of *Strip City: A Stripper's Farewell Journey Across America*. "A woman has to ask herself if the money is worth the tremendous strain on her relationship."

Presumably, most strippers dream of the day they can afford to leave the business. But then there's Leah, who dreams of the day she can afford to *own* it. "I've always wanted my own club," she says. The stripper lifestyle has become Leah's norm: She has no problem describing herself as a "feature entertainer" on her daughter's school applications, and even though she's had other career opportunities, she's happy to stay put. "I love what I do," she says on the phone one night, while watching *Ghostbusters* with her daughter. "I'm very proud that I've come this far." ®

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Create a wall of art!

Got a ton of prints or photos lying around? Turn them into a chic gallery wall with this pro plan.

"Pick a **unifying element**—like the same type of artwork or similar frames," says designer Annie Selke, who did the bird-themed wall here. It's a cool trick for kids' drawings and family photos, too.

1. TRACE AND CUT

After you've chosen whatever it is you want to hang, **trace the outline** of each frame onto craft paper or newspaper and cut it out.

Painter's tape won't hurt the walls

2. PREP FOR HANGING

Fold each paper cutout in half and line it up along one side of the frame it corresponds to. Then, **pencil in a dot** where the center top of the frame's hanging wire hits the paper: That little mark is where you'll position the nail, keeping your frames from going all crooked. Which brings us to the next step…

3. MOCK UP A GROUPING

Unfold your cutouts and **tape them to the wall** where you want them to hang. "I take the whole collection and shuffle it around," says Selke, who shares more tips in her book *Fresh American Spaces*. When you're satisfied, **hammer the nail** through the cutout at the spot you marked. Then **remove** the paper, put up your frames, and enjoy the view.

TOP RIGHT: KINDRA CLINEFF. ALL OTHER PHOTOS: COURTESY OF THE ANNIE SELKE COMPANIES.

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BE PART OF THE SOLUTION

You can save a child from slavery

An estimated 5.7 million children are **forced** to work in factories, fields, and brothels all over the world. Help to end the horror for **kids** by doing one thing on this list. By Alison Storm

CAROLYN COLE.

Sveypia, 9, walks the streets of Cambodia with her little brother, Ki. They are forced to work as garbage pickers, according to Love146.

1 ***Face*** the facts. Many people think slavery ended after the Civil War, but, tragically, there are more slaves today than at any point in human history. Millions of child slaves—some of whom are sold by their impoverished parents—work in fields, brothels, private homes, mines, and restaurants overseas and even right here in the United States. "I had read about trafficking, but I was completely blown away when I saw young children being sold for sex on the streets of Thailand," says Desirea Rodgers, 34, who traveled there with friends for the first time in 2002 to see what she could do to make a difference. Unable to shake the heartbreaking images from their minds, they started plotting the launch of a nonprofit that could help young girls and boys. "Rescue workers told us they weren't able to help as many children as they wanted to because they didn't have enough safe places for them to live," Desirea says, so she and her friends created Love146, which runs a shelter in the Philippines, another Asian country with major child-slavery problems. There, victims receive counseling and education that prepares them to return to their families or reintegrate into society on their own. The nonprofit's name comes from a young girl, enslaved in a brothel, who was known only by the number clients used to identify her, 146. The Love146 founders were never able to track that girl down again, but they've helped dozens like her, including Serey, who was trafficked into a brothel without her parents' knowledge when she was 17. Serey was rescued by local cops after several months and brought to Love146's Round Home, where she attended school and worked with a therapist for 18 months. "The Round Home is where my life changed," she says. "It's where a new me was born. This home heals the broken." To help more children find a safe place to restart their lives, give at love146.org/donate. Five dollars provides a victim with a new pair of shoes; $15 buys a school uniform; $80 pays for school books for one year.

2 ***Shop*** for fair-trade jewelry and handbags at store.madebysurvivors.com. Started by husband-and-wife team John Berger and Sarah Symons in 2005, the nonprofit has helped more than 500 rescued trafficking victims and their children attend school for the first time and make a living by handcrafting the products sold online. "Education, employment, and economic empowerment are so important. If survivors can support themselves without selling their bodies, they'll never go back," Sarah says. Without such intervention, less than 10 percent of children born into brothels escape for good, she says. "I've seen traffickers wait outside shelters and toss in notes and cell phones to lure girls out." The program saved Anjali, who was kidnapped from a train station in Calcutta, India, at 11 and was forced to work

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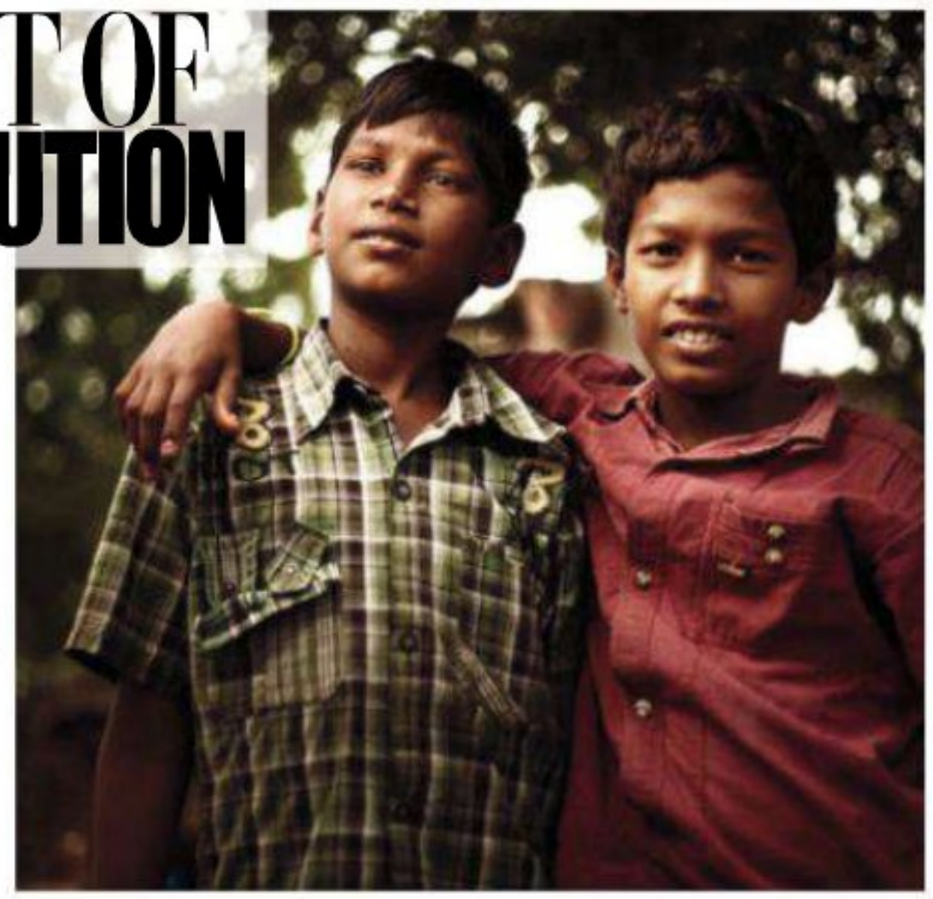
[1] Nord, Mark, Alisha Coleman-Jensen, Margaret Andrews, and Steven Carlson. Household Food Security in the United States, 2009. ERR-108, U.S. Dept. of Agriculture, Econ. Res. Serv. November 2010.

BE PART OF THE SOLUTION



Mercy 29 rescued Mariados (left), 11, and Charlie, 12, from mines in India in 2009.

as a sex slave for two years. "With this jewelry program, my future is brighter because I'm able to support myself and my mom," says Anjali. Now she attends school for free through the charity's education-sponsorship program.

3 *Find* out how many slaves work for *you* by answering 11 questions at slaveryfootprint.org. You'll discover how much slavery plays a part in producing the things you buy, from the mica that gives certain eyeshadows their shimmer to the cotton in some T-shirts—some raw materials are mined or picked by children as young as 6. "By understanding just how big the problem is, we can start demanding that companies are accountable for who's mining their products and working in their factories," says Amy Nyquist, a 37-year-old mom of two who helped create the tool.

4 *Educate* a freed child slave in East India for one year. All it takes is giving up a $3 latte once a week for 52 weeks and pledging it to the charity Mercy 29's Lattes for Legacies program (mercy29.org/lattesforlegacies.html). Since 2009, the group has negotiated the release of 380 children from India's quarries, where they worked 12-hour days extracting slate and marble.

5 *Scan* the barcodes of your favorite products using the Free 2Work smartphone app to find out which companies are working to eliminate forced labor from their supply chains. Not For Sale, the nonprofit behind the app, has graded more than 300 brands, which include jewelry, electronics, and even chocolate.

6 *Give* whatever you can to Save the Children (savethechildren.org/donate), a nonprofit that helps vulnerable kids in more than 120 countries. In 2010 alone, the group trained nearly 17,000 children in El Salvador to protect themselves from traffickers; in Indonesia, they rescued 10,000 kids from dangerous working conditions.

7 *Report* a potential trafficking situation. If you suspect that a child in your city may be a victim, call the 24-hour National Human Trafficking Resource Center hotline at 888-373-7888, or submit your anonymous tip online at polarisproject.org/report-a-tip. "Child trafficking is hard to spot," says Sarah Jakiel, deputy director of the Polaris Project, the nonprofit that runs the hotline. "The biggest red flags are children who are working when they should be in school, have an unreasonable lack of freedom, and show any signs of physical abuse." Since the hotline opened in 2007, they've helped more than 5,000 victims find safe housing, counseling, and legal help in states including Florida and Texas. "Children are lured here from places like Guatemala, El Salvador, and Mexico with the promise of education," says Kathleen Morris, who leads the International Rescue Committee's anti-trafficking programs in Seattle. "They know they'll have to work a little bit, but they often never get to go to school and are forced into jobs with long hours and no pay. What many people don't realize is that this is happening in places we see on a regular basis, like small coffee shops and construction sites we drive by. It's hidden in plain sight." ®

LOGAN HUNT.

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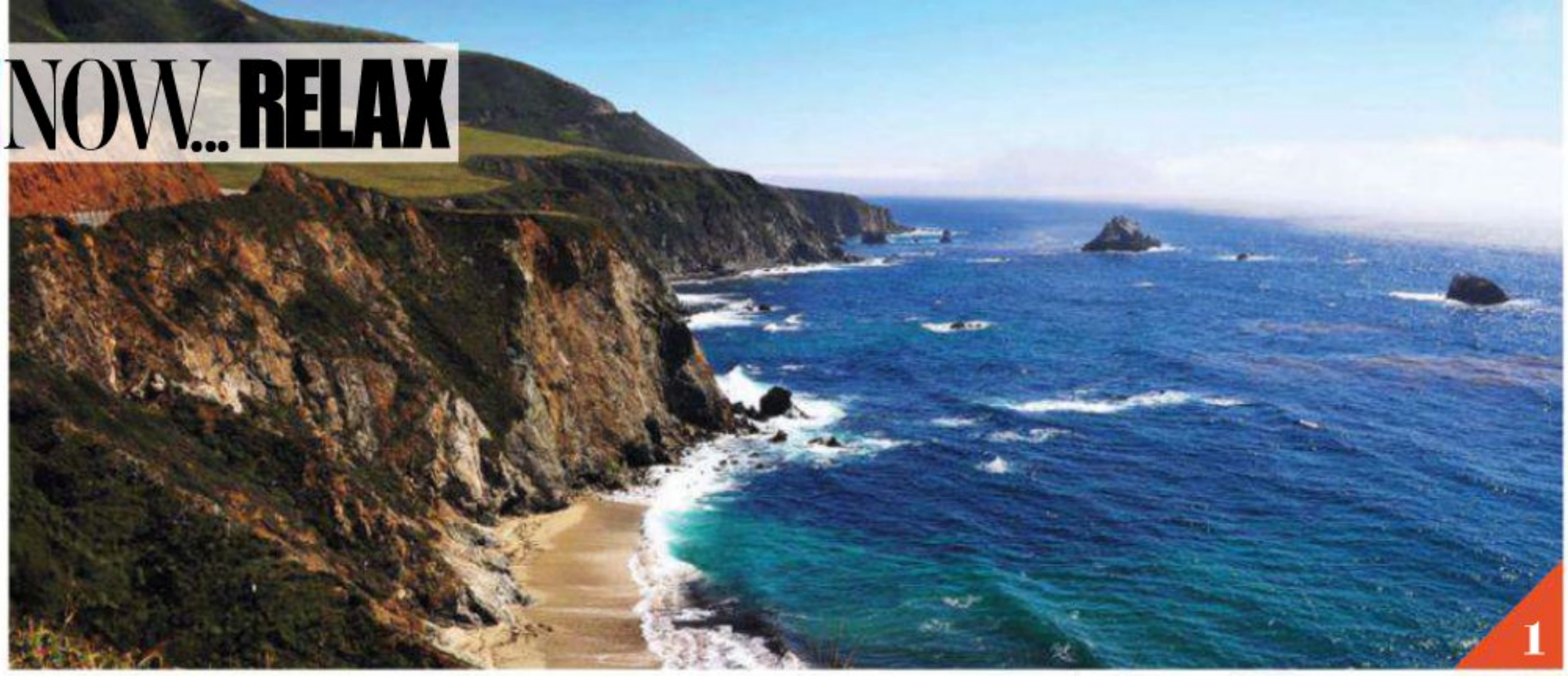

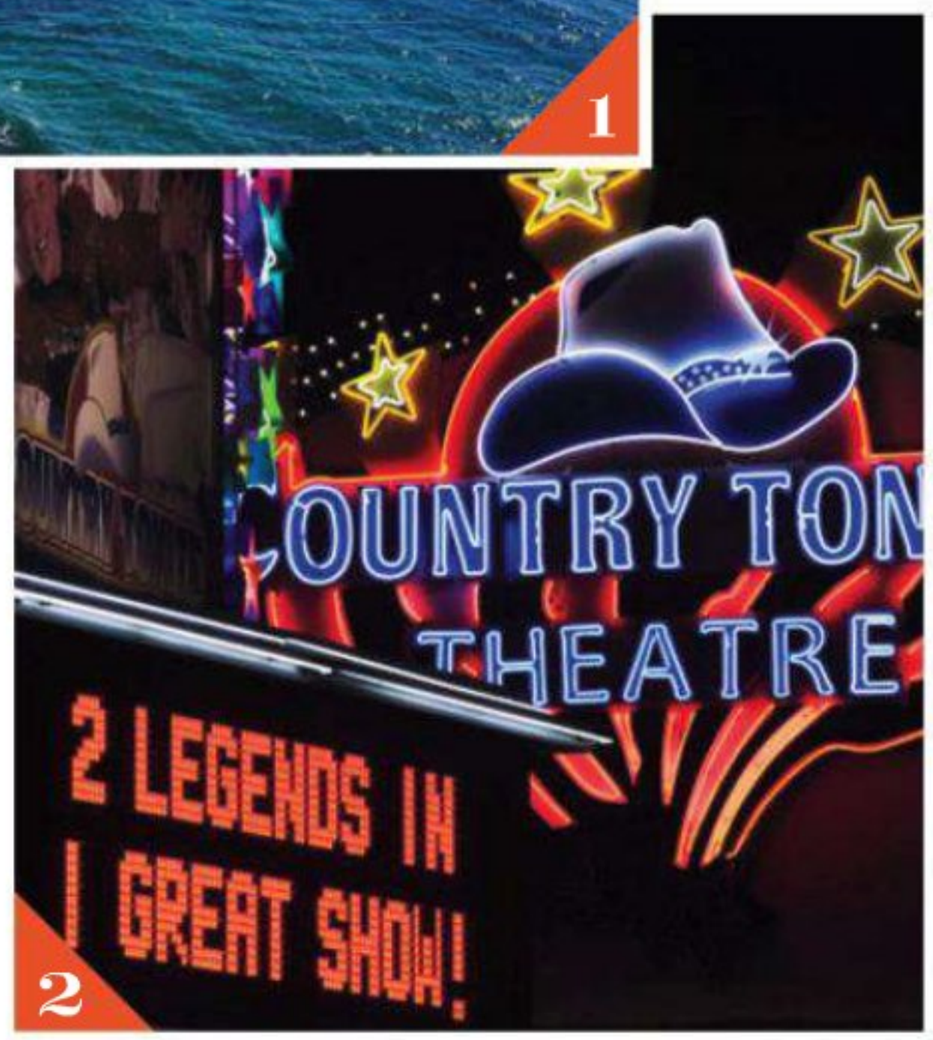

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YOUR VACATION PLAN:

Avoid crowds. Rent great house. Smile.

Forget crazy traffic and generic hotels (with the polyester bedspread and the pricey, below-average food). We found 7 off-the-radar places to rent a **vacation house**, so you can spread out, relax completely, and still have enough **money left over** for another trip this summer.

1 Santa Barbara, CA

Why you should go: This not-so-crowded beach town is the perfect mix of rugged and refined. Hike along the beachfront Cabrillo Bike Path, ride the antique carousel at Chase Palm Park, and take the kids to see the elephants at the Santa Barbara Zoo. If you have time without the children, sip your way across downtown Santa Barbara's (walkable) Urban Wine Trail.

What you'll pay: Most of the vacation rentals here have one to three bedrooms and rent for as low as $116 a night.

2 Branson, MO

Why you should go: With more theater seats than Broadway, this lively city nestled in the Ozark Mountains has mind-boggling entertainment options. Good luck choosing between live performances in 49 theaters and the *Titanic* museum, housed in a half-scale replica of the ship.

What you'll pay: An average rental price of $170 a night can get you a two-bedroom condo in the heart of town or a three-bedroom log cabin in the mountains.

3 Steamboat Springs, CO

Why you should go: More laid-back than chichi Vail and Aspen, this is *the* spot for a family ski trip. Why? Kids 12 and under ski free when parents or grandparents purchase at least five days' worth of lift tickets. While you're here, go snow tubing at Howelsen Hill, or try snowbiking (picture a mountain bike with skis instead of wheels). Then hightail it to the Old Town Hot Springs for some mineral-pool therapy.

What you'll pay: For $189 a night, you can snag a three-bedroom vacation rental; look for one with a hot tub. ➤

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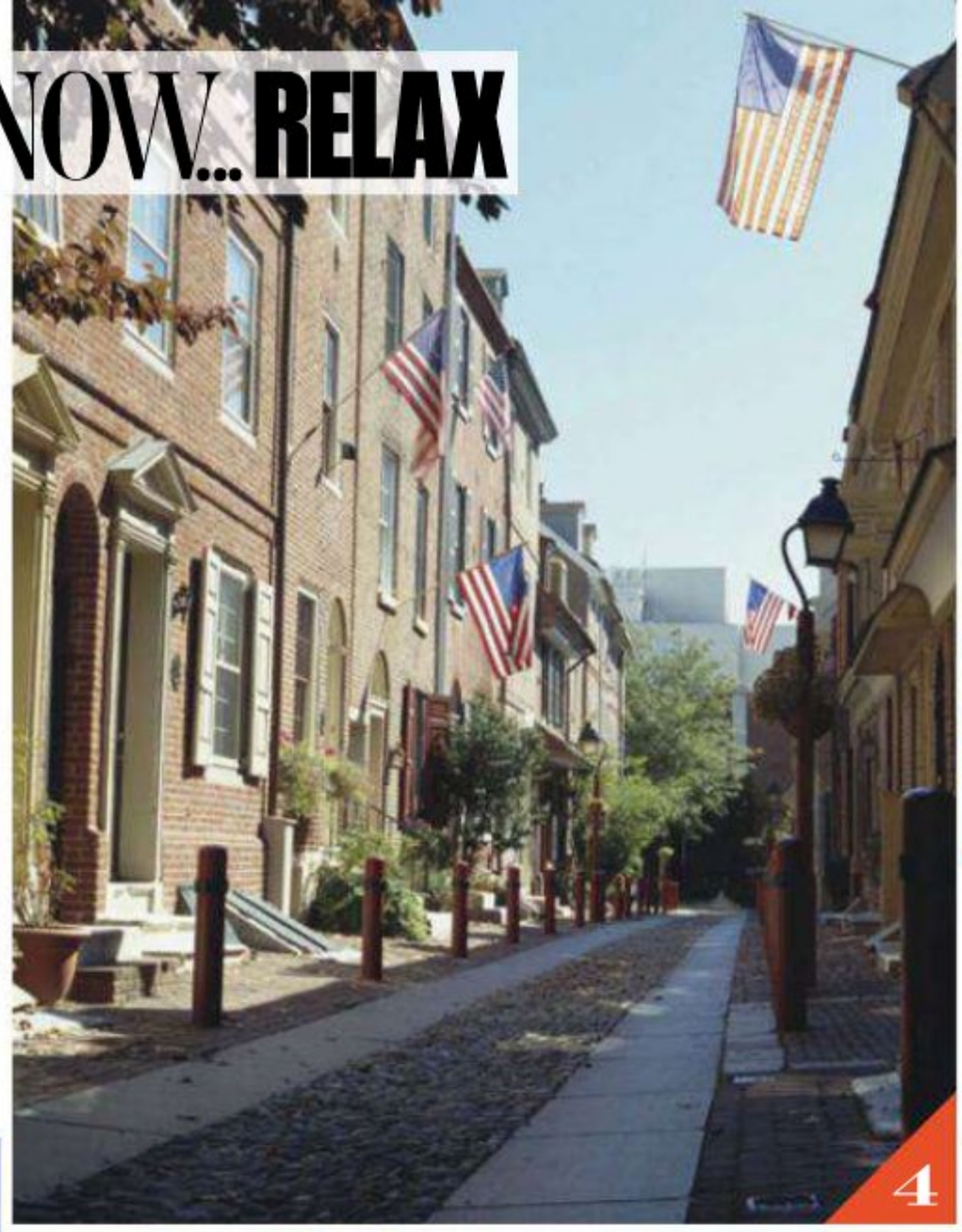
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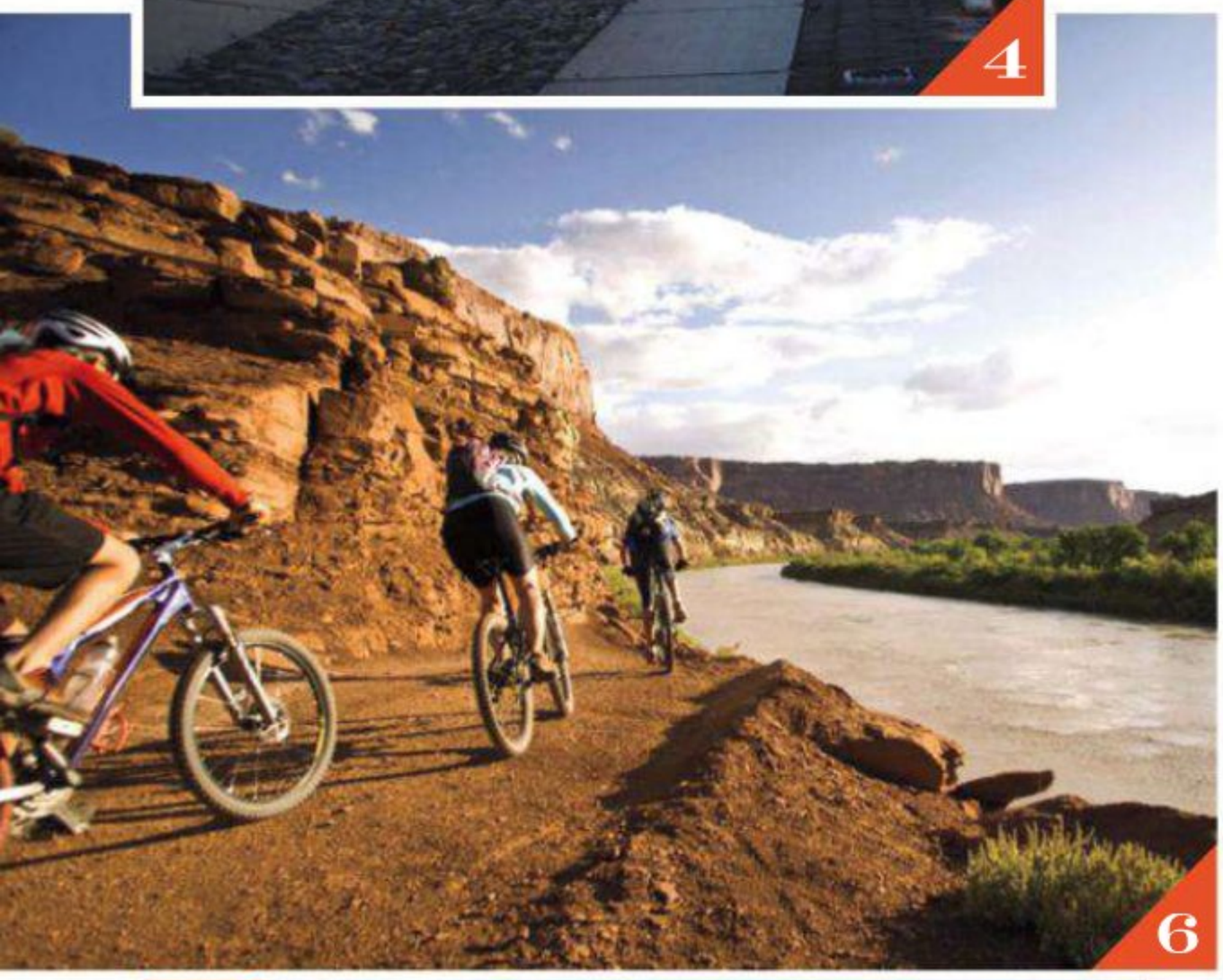
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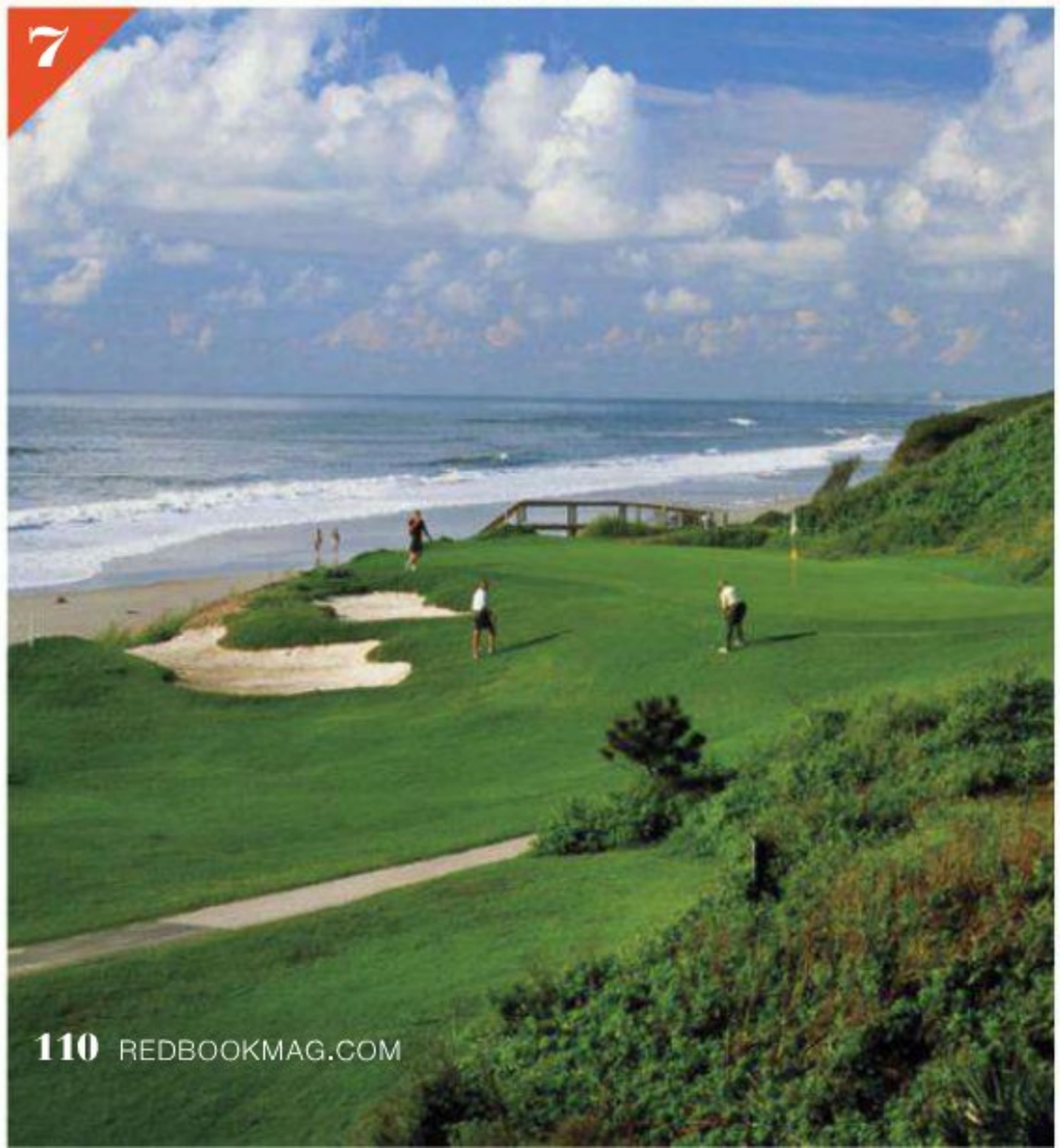
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4 Philadelphia
Why you should go: At just 25 blocks, river to river, this history-drenched city is amazingly walkable. Along the way, don't miss the Betsy Ross House and the Liberty Bell in the oldest part of town. Have the kids plop down on any of the 13 storytelling benches, where trained actors break down the early history of the United States (you can spot them by their polo shirts). Afterward, head to the retro-cute ice cream shop the Franklin Fountain for milkshakes… and candy… and fudge. Still have energy? Hit up one of Philly's 180-plus museums, including the Please Touch Museum, where kids are encouraged to put their hands on anything in sight.
What you'll pay: The growing rental market here means you can book a town house near all the action for $230 a night.

5 Jekyll Island, GA
Why you should go: This 9-square-mile island that once catered to the super-wealthy (e.g., the Rockefellers) is now an unspoiled retreat for low-key family fun. Dolphin watching, sea turtle walks, and Summer Waves Water Park—with six waterslides, a wave pool, and a lazy river—will keep the kids busy for days. And 63 golf holes spread across four courses will have certain grown-ups smiling too.
What you'll pay: Rental cottages with one to six bedrooms—many with beach views—go for as little as $435 a week.

6 Moab, UT
Why you should go: Two national parks—Arches and Canyonlands—as well as Dead Horse Point State Park will have your gang hiking, biking, and climbing all over Moab's gorgeous red-rock landscape. Don't miss the Delicate Arch trail and Upheaval Dome, a 60 million-year-old, three-mile-long crater. And for an adrenaline rush, take in the scenery from a 4x4 Hummer Safari, or leave terra firma and spend a day rafting on the Colorado River.
What you'll pay: Nab a three-bedroom apartment or condo for $110 a night.

7 Amelia Island, FL
Why you should go: Between horseback riding on the beaches and checking out pelicans, you'll revel in this natural playground. Other fun options: kayaking, golf, sailing, and, of course, hours of vegging on the sand (it's made of soft Appalachian quartz).
What you'll pay: More than half of the island's accommodations are vacation-home rentals, so nabbing a beachfront cottage or ocean-view apartment is super-easy—we found a few two-bedrooms for $1,620 a week. —JENNIFER SEMBLER

CLOCKWISE FROM TOP LEFT: JERRY DRIENDL/GETTY IMAGES, MACDUFF EVERTON/GETTY IMAGES, GEORGE HUNTER/GETTY IMAGES, CHRIS NOBLE/GETTY IMAGES. OPPOSITE PAGE: COURTESY OF HOMEAWAY.COM.

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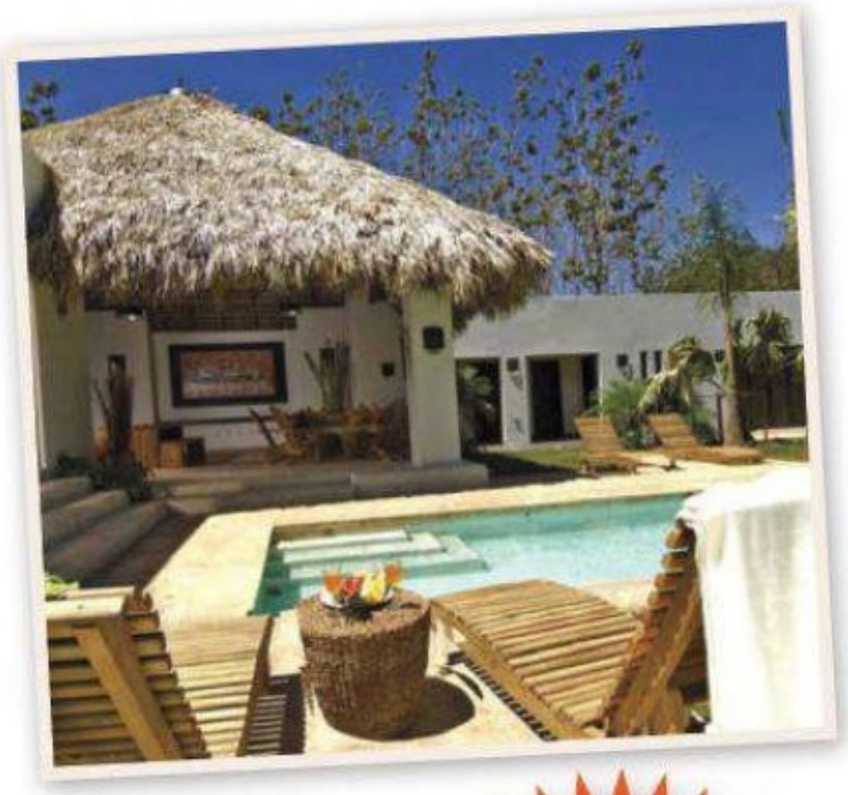
Find a great house for less—or for **nothing**

A full house swap will save you tons of money—if you're okay with the idea of strangers sleeping in your bed. Try one of the newest sites, **lovehomeswap.com**, whose stylish offerings make this setup seem like a boutique experience. Also check out the well-reputed granddaddy of modern home swapping, **homeexchange.com**, which stocks more than 40,000 listings in 149 countries. Seventy percent of its members are experienced exchangers who provide references, so you can rest assured that a potential space is all it's cracked up to be.

If you're skittish about opening up your home but don't mind staying in someone else's, peer-to-peer rentals are a good option. In this scenario, people are either offering up their place during *their* vacation or renting out empty second homes. The new-ish site **roomorama.com** only releases your payment once you've arrived and okayed the place, and **airbnb.com** can send pros to photograph and verify homes before they're listed, so you can feel comfortable booking sight-unseen.

And of course, there are old-school vacation rental sites. Our faves are **homeaway.com**, the largest online marketplace for rentals, and TripAdvisor's **flipkey.com**, which posts real, unedited rental reviews by certified past guests only (so you know it's not just the property manager's false praise).



The only thing better than an amazing vacation rental: one that's on us! Enter to win a $2,500 voucher from **homeaway.com** to put toward a fab listing like the one pictured here. *See page 155 for details.*

Win a free rental

Play it very, very cool this month Estelle talks sexy partners, a plugged-in author picks a great read, and a French film bursts our hearts.

SCREEN IT

FIERCE LOVE

We're brimming with *amour* for the ambitious and utterly charming *Declaration of War*, France's nominee for a foreign film Oscar. Valérie Donzelli, the film's writer, director, and star, based the movie on her own experience as a mom helping her child through a grave illness—but you won't be reduced to a leaky faucet. She manages to turn a dark topic into something inspiring, even funny. You'll be surprised at how relatable the film's young parents are, even if they look artfully disheveled and break out into song (it's a French film, after all). And the sound track is the coolest in recent memory. *(Also available on video-on-demand.)*

HEAR THIS

BOY CRAZY

London-born Grammy winner Estelle, whose new album, *All of Me*, is out now, has had her fair share of hot collaborators. Here, she riffs on some of the studliest:

Common: "He's one of my favorite writers, rappers, artists, period. And he's so good to look at. 'Victorious' is about forging your own path rather than being who others want you to be. We sat on the couch, and the lyrics and melody just came together."

MOVIE: COURTESY OF SUNDANCE SELECTS. ESTELLE, GUETTA: GETTY IMAGES. COMMON, WEST, LEGEND: WIREIMAGE/GETTY IMAGES. BOOKS: GREG MARINO/STUDIO D.

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Kanye West: "He walked into the studio straight from an airplane and came up with his verses for my song 'American Boy,' just freestyling. He's like an older cousin, and completely misunderstood. I respect people who take risks."

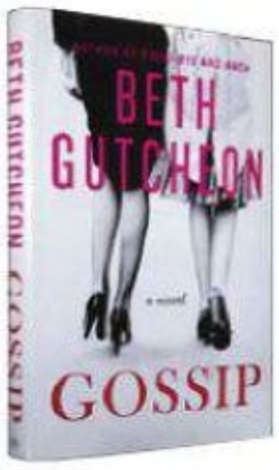
David Guetta: "I met him right after I won my first Grammy. I'd been through some hard times; he was a lifesaver. I went into the studio with him and it took me all of 20 minutes to write 'One Love,' the title track to one of his albums. I tell him, 'Thank you for giving me that beat.'"

John Legend: "He's believed in me from the start. We think the same way, to the point where I'm like, 'I know you from a different lifetime.' When we sing together on 'More Than Friends,' there's an energy there that's inexplicable."

BOOK REC

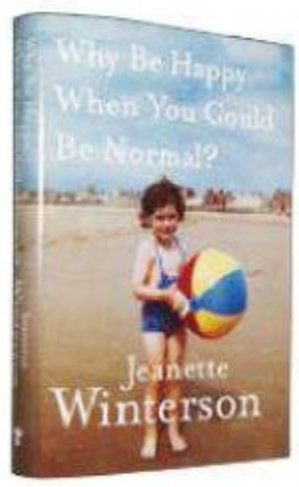
Solved: What to read next

If you know you love an author, check her Facebook page to find out who *she's* in awe of these days (or Twitter-search #booknerds to get even more ideas). This month, one of our latest literary crushes turned us on to another new must-read…



In **Beth Gutcheon's** quietly unsettling new novel, *Gossip*, a series of petty betrayals amongst a group of upper-crusty friends crescendoes into a life-shattering tragedy.

Gutcheon recently posted on Facebook: "Morgan Entrekin [president and publisher of Grove/Atlantic] gave me a galley proof of Jeanette Winterson's memoir. It is insanely great." She's talking about *Why Be Happy When You Could Be Normal?*, Winterson's laugh-to-keep-from-bawling account of her childhood as the quirky adopted daughter of an unhinged, strictly religious mother.



SC Johnson
A Family Company

Advertisement

A Healthy Way to Lose Weight Fast

New supplement nourishes body and ends dieting cycle

Fad diets come and go. At any given time, one out of three women and one out of four men are on a diet. Unfortunately, two-thirds of dieters regain the weight within one year, and virtually all regain the weight they lost within five years. This is called the yo-yo effect.

Years ago, Hubertus Trouillé, a German holistic therapist, developed an effective formula to end the cycle of weight loss and gain. Using just three nourishing ingredients—high quality fermented soy, probiotic yogurt and enzyme-rich honey—Trouillé created a weight loss supplement that works in a unique manner by treating and improving the body's metabolism. Unlike other supplements that simply suppress appetite, this patented formula increases the body's metabolism, maintains muscle mass and helps the body burn fat more effectively.

Today, this popular German weight loss phenomenon is available in the U.S. It can be used as a quick weight loss regimen or as a meal replacement to maintain healthy weight, and is helpful for maintaining overall good health. Research shows, even used once a day as a meal replacement, Almased® is effective in actively fighting weight problems, high blood pressure, and insulin resistance while stimulating the fat-burning metabolism. When used as directed, Almased helps take excess pounds off, and keep them off, ending the yo-yo cycle.

Silke Ullmann is a licensed, registered dietitian who provides nutritional guidance for Almased.

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5. Keeps blood sugar and thyroid function balanced.
6. Lowers the leptin level, which is linked to insulin resistance and considered a cause of metabolic disorders, such as diabetes.
7. Lowers a high insulin level

fat reduction and inhibiting storage of fat.
8. Lowers LDL (bad) cholesterol and triglyceride levels while raising HDL (good) cholesterol levels.
9. Lowers blood pressure.

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Almased® is a metabolism-boosting nutritional supplement that has been proven safe and effective in helping your body burn fat while retaining muscle mass. Just three powerful ingredients - fermented soy, yogurt and honey - work to speed up your metabolism and improve energy levels to take off excess pounds and keep them off. Plus, Almased is gluten-free. Mix with

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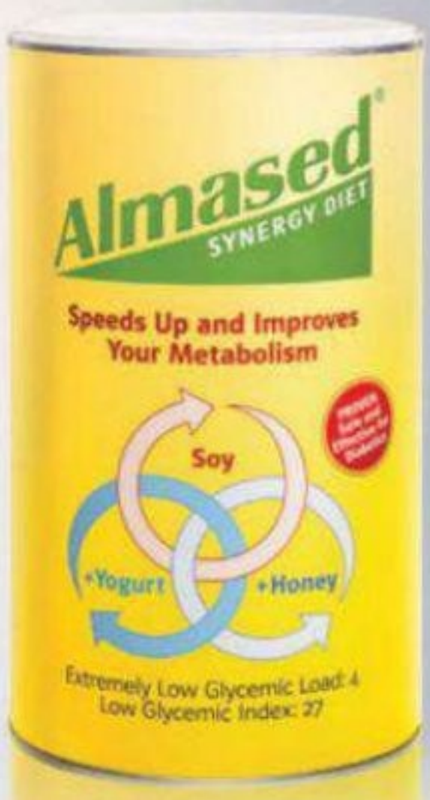

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Dark roots make me look smarter

I drink so that other people are more fun to be around

I WEAR A BRA TO BED

I had really good veal marsala this morning—for breakfast

Some of the BEST SEX I've had I can hardly remember

NEVER leave home without a fresh coat of war paint

Sleeping around is a great way to meet people

THANKS, PILATES!

I get to keep the clothes, right?

Posing this long is making my leg fall asleep

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JUICY! Confessions TRUE!

Chelsea Handler puts it all out there

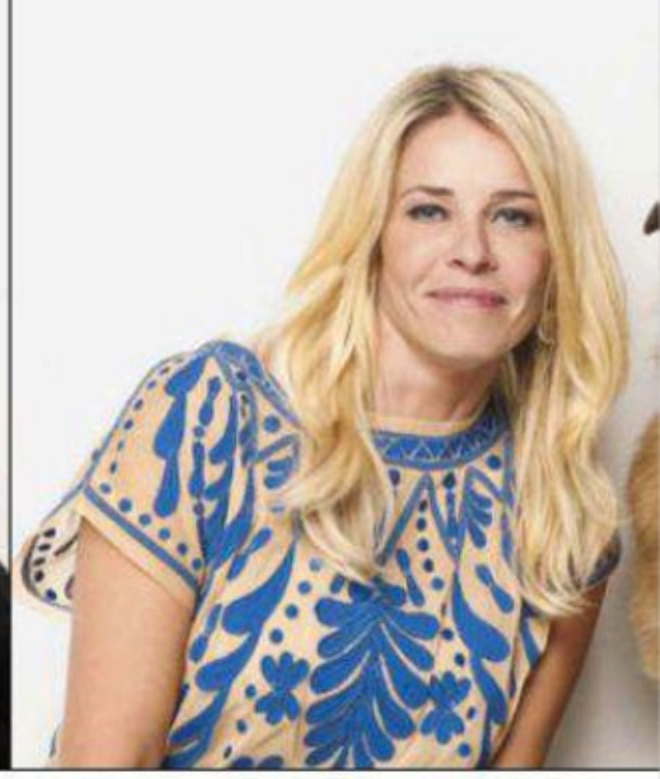
She parties hard but works harder. She talks tough but is toughest on herself. She's a girl's best friend but a man's worst nightmare. And under all that brassy humor, she's got a heart of pure gold. Is that the real secret to Chelsea's phenomenal success?

Chelsea Handler settles into a back booth at the R+D Kitchen in Santa Monica, CA, and wastes no time in perusing the drinks menu. "Anything with booze in it, I love," I think I hear her say, but I'm not sure, with the saxophone blaring in the background. "Anything with booze?" I ask. "No, basil! Anything with b-a-s-i-l," she says with a laugh, referring to the cocktail she orders, which happens to be garnished with a sprig of it. Forgive me for jumping to conclusions, but this is Chelsea Handler, after all, the late-night talk-show host who has elevated the drunken tell-all to a highly lucrative art form via three *New York Times* number-one best-sellers (including *Are You There, Vodka? It's Me, Chelsea*), sold-out comedy tours, and two hit cable-TV shows on the E! network. Who better to star on the cover of REDBOOK's first-ever "confessions" issue? Sipping and spilling is what Chelsea does best—and I, for one, am an unabashed fan. On her nightly show, *Chelsea Lately*, the comedian with a dwarf sidekick and a weakness for rappers and chubby babies outs what most of us would keep in: photos of herself and her staffers in compromising positions, her cup size (34D), and details of her sex life and private parts (which she refers to as her *coslopus* or *Pikachu*, depending on the context). And she certainly doesn't hold back when it comes to celebrities. "Paris Hilton is going on a goodwill mission to Rwanda," she once said on the show, in her trademark raspy monotone. "It's the first time an entire third-world country will have to get immunizations for a visitor." Chelsea's take-no-prisoners approach can be polarizing, but it has also won her 4.4 million followers on Twitter who can't get enough of her candor. If there were a Hollywood Walk of Shame, this decidedly non-golden girl would be the first one down on all fours—and most likely face-planting right into the cement.

Or so I think. But—surprise, surprise—a sharp-tongued, foul-mouthed boozehound is not who I encounter when we meet. "Cheers, girl!" she says, as we clink

◀ Read her lipstick: Just a few more things Chelsea doesn't mind you knowing.

By Marisa Fox Photographed by Brian Bowen Smith



glasses. "It's nice to go out and have a drink in the middle of the week." Did I hear that right? Isn't she an every-night drinker? No, she explains. "I *never* do this." When the food arrives, she instructs me to hand her my plate. As she dishes up salad, the salty blonde with the telltale dark roots seems far nicer than the acerbic persona we see on the small screen. Still dressed in what she wore on the air—a soft-pink blouse, skinny gray jeans, and platform boots—she talks about starting a foundation to nurture teenage girls, gushes over photos she's just snapped of her newest puppy, Gary, talks about scrapbooking (!), and starts to tear up as she reminisces about her mother, who died of complications from cancer in 2006. At the end of the evening, Chelsea announces she's going to pick me up the next day and that I should take down her cell number in case I need to reach her. At 9:30 the next morning, she phones to say she's running a little early. Her vibe is totally together and even… maternal.

Funnily enough, Chelsea plays a mother of three in February's *This Means War,* a romantic comedy starring her pal Reese Witherspoon. She'll also costar in *Fun Size,* out this fall, playing a mom to Nickelodeon darling Victoria Justice. And then there's her new NBC sitcom, *Are You There, Chelsea?,* in which she wears a brunette wig to play her own older sister Sloane. Her character gives birth in the first episode—without an epidural. "Personally, I'd have a baby just *for* the epidural," Chelsea quips to me. Okay, so maybe the sworn-to-be-single New Jersey native isn't quite ready to settle down, but over a few rounds of—you guessed it—vodka, we get Chelsea to make her biggest confession yet: She's kind of a sweetie.

REDBOOK: I saw your family portrait on your desk. I couldn't believe that hunky guy with the big '70s hair is [your now-bald brother] Roy!

CHELSEA HANDLER: I know. Can you imagine peaking as a teen? I think if you peak in high school, there's a problem. That's what my sister always said: "Don't worry, you'll peak later."

RB: Did being the youngest of six shape you?

CH: Yeah. People always tell me I need to have a kid, and I say, "No, I don't." Because I wouldn't have just one kid; I'd have six. I need a huge family. So I just kind of fill my house with tons of rejects and misfits so it feels like I have a bunch of children.

RB: Who lives with you?

CH: Well, my brother Roy lives with me, and my friend Shelly, who's a lesbian from Dallas. And right now one of my assistants is living at my house because I got a new puppy and I didn't realize it needed to be housebroken, and I'm like, "Ahhh, I'm not

> "I've always had That's why I had to be It's been amazing. able to get away with this

waking up every two hours to take this baby out." So it's really fun to go home and have a house full of people.

RB: That does sound like fun. Drinking has always been a big part of your shtick. Do you think there's a difference between being a lush and being an alcoholic?

CH: There is. Even though I joke about drinking all the time, people have the wrong idea about me—that I drink every night. Actually I don't. I contain myself. I'm not a hot mess, you know? Very rarely do I get loopy, and if I do, it's at my house… or someone else's house. Not in public. [*Laughs*]

RB: Well, I don't see how you could drink every night and accomplish everything you have. Then again, you became a star by breaking all the rules, from sleeping with your boss [Chelsea dated Ted Harbert, chairman of NBC Broadcasting and former president and CEO of Comcast Entertainment Group, which owns E!, for four years] to dishing too much. Do you ever feel like you're an anti-authority figure?

CH: I definitely feel anti-authority. When I moved to California, I waited tables from the age of 19 to 25, until I got *Girls Behaving Badly* [an all-female prank show], and I got fired from every job because I could never listen to a manager who told me I'd be quizzed on the menu. I've always had a problem with authority. That's why I had to be my own boss. It's been amazing. I can't believe I'm able to get away with this kind of ridiculousness.

RB: Did you ever doubt yourself, think you wouldn't make it?

CH: At the beginning. But I never had a backup plan. I never said, "If this doesn't work out, I'll go back to finish college." My sister Simone was really supportive. I remember I had been auditioning and auditioning for *The Practice*, and I didn't think I was going to get it, so one night I called her and said, "I don't know what I'm going to do. What if I never make it?"

RB: How old were you at the time?

CH: I was probably 24, and my family was living in New Jersey, and they were all sending me money on a regular basis. If I couldn't make rent, I would pick a brother or sister or my parents. They would take turns. And my sister said, "I have no

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Chelsea and her most loyal bedmate, Chunk.

a problem with authority. my own boss. I can't believe that I'm ridiculousness.”

doubt in my mind that you're going to get there. There is nothing else you're capable of doing besides this. Don't give up on yourself. I believe in you. There's no one like you. What you are going to end up doing is creating your own thing." And then I got the call on the other line that I had gotten *The Practice*. It was like $8,000, so in my mind, I was like, "I can retire!" And I was cast as a rape victim, so it was a dramatic role, which made it all the more absurd. But it was one of those moments I'll never forget. But of course, my sister doesn't remember that conversation at all.

RB: So your family's always been really supportive?

CH: Absolutely. It's funny, one of my girls at work, Eva, puts together scrapbooks for me. The other day I started going through them, after I had said repeatedly to Eva, "Please stop making these. I will never sit around going through scrapbooks." And sure enough, I sat there, and I found these notes written by my mom, and one of them was from a time when she had sent me money, and she wrote: "Don't worry. This is what mommies are for. And don't think one day I'm not going to come back and collect on all of this." And I was like, *Oh...* [*Voice cracks*]

RB: What was your mom like?

CH: She was such a lovely, supportive, and soft person, very opposite to what I am. I'm more like my dad in that regard. She was German, but she wasn't your typical German woman, and she was married to my father, who is Jewish. Everything was food to her. I would come home from school at 3 in the afternoon, and she'd have a huge bowl of macaroni and cheese, as if that was a proper snack. I mean, it took me 10 years to reprogram my mind that I can't have macaroni and cheese at 3 in the afternoon every day as a fourth meal.

RB: How funny!

CH: She could always sense when people needed an extra dose of loving. One of my high school girlfriends told me when my mom passed away, "You know, your mom was the first person who ever told me she loved me." We had so much love in our family. We're all tied together in a really special way.

RB: You're lucky you have that. You've certainly had your share of tragedy. I know your older brother Chet died at 21 [in a hiking accident, when Chelsea was 9], and that sent your family into a dark place. Did that somehow inform your comedy?

CH: In some ways. Growing up, we were all really funny, so maybe being the youngest, I was the most precocious and had the most drive. I wanted to make us laugh and keep up with my older siblings, and help pull us out of that darkness.

RB: And they were there for you when you were struggling, and now you're doing a million and one things, and they're still a big part of you. I'm just trying to get a handle on what a day in your life is like, and how you make it all work.

CH: Monday through Thursday, I tape four [*Chelsea Lately*] shows. Thursday, I tape *After Lately*, then Friday, I do my NBC show, and on Saturdays I'm doing reshoots with Reese [Witherspoon] for the movie. I have to be in motion. I had two days off recently, and I got on the sofa and I didn't get up for two days, and I felt as if I'd been hit by a truck. Once everything calms down for too long, it's very hard to get moving again.

RB: Right. We complain, but we're lucky to have a lot of work.

CH: Well, we acclimate very easily. That's the human condition. So even though it takes nine months to prepare to have a baby, you have that baby in one day. One day it's not in your house, and the next day it is. And you can't just have it for like four hours. You have it forever! Or one moment you're fine, and the next you're in prison. And there you are trading pickles for tampons. My mom used to say to me, "Don't ever complain about where you are, because you're the person who got you here."

RB: I've read that when you started out in stand-up, you said at first that you tried to downplay your looks to appear more relatable. Is that true?

CH: I never considered myself a supermodel or anything like that. I mean, I don't think I'm ugly. I have good days and bad days, and I like when I'm fit and lean and all of those things that any woman likes, but it's not the eye of the hurricane for me. It's my sense of humor and self-deprecation that define me and invite a lot of people in. You know I'm not just making fun of all these idiots. I'm making fun of myself, first and foremost. I don't know why people think of me as mean, because I don't take it all that seriously. I'm just trying to make some people laugh.

RB: But you still take on topics that other talk-show hosts never would. You've talked about having an abortion, for example.

CH: I don't like lying. You don't have to disclose everything, but I think we all have to be honest and work for women everywhere. Lately, I've been thinking about what I can do for girls who were

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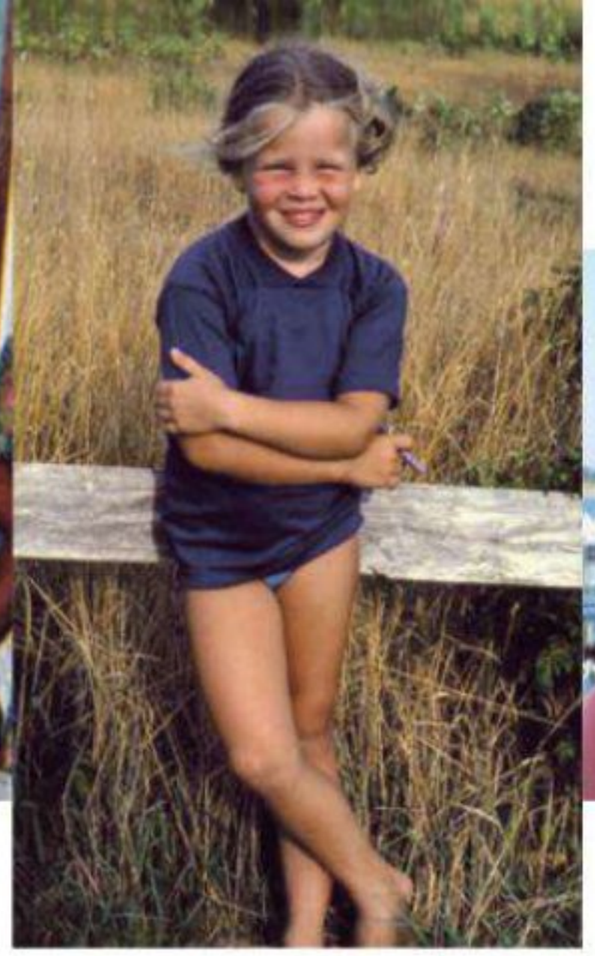

A mini Chelsea scrapbook

Clockwise from top left: The Handler kids in the mid-'70s (from left): Simone, Sloane, childhood friend Sam, Glen, Chet, Chelsea, and Roy; at her family's summer home on Martha's Vineyard; with her mom in 2000; Chelsea (and her hair) in high school.

once in my situation. I'd turned to partying or smoking weed all the time, and I just wish someone had given me a creative outlet. So we've come up with this idea of a foundation for young girls called Chelsea's Chicks, and it's for the underdogs, the girls who are considered uncool, who are not fitting in, and we'll give them a place where they can explore their talents. Because you just need one person to tell you they believe in you, and it informs you for the rest of your life. It's a powerful thing, especially now with what goes on with girls in high school.

RB: What was high school like for you?

CH: I was tortured, and probably half of it was deserved, but I was bullied—so much so that there were days when I was like, "I can't go to school today." I was too scared.

RB: How were you bullied?

CH: They'd call me a dog, and bark at me, and say, "You're fat. You're ugly." The girl who used to torture me, the ringleader, showed up backstage at one of my concerts in Newark. I looked at her and said, "I know you." And she went, [*high-pitched voice*] "Ahhh, I'm so sorry for having tortured you in high school!" and I said, "I'm so over it. Actually, thank you, because you gave me the impetus to be successful, because I just wanted to show you I was so much more than what you ever made me out for."

RB: That is sweet revenge! Now let's talk about your love life. You've dated...

CH: The four corners of the world.

RB: You have!

CH: I know. I like to get around.

RB: So you don't have a type?

CH: No, I like to find things that pique my interest. I'm not looking to get married. I've always been like, *Oh, this could be fun for a while.* Sometimes you get into a relationship and you think, *Oh, this could be more serious.* And sometimes you're like, *Ahhh, I'm going to have to break up with this person eventually.* It's like having to fire someone. [*Laughs*]

RB: Is that what happened with André Balasz [the hotelier she dated last year]?

CH: Um, I won't comment on that publicly, because he specifically asked me not to. I don't have an issue with discussing it, but I would like to respect someone else's privacy, so...

RB: Wow, Chelsea. This might be the first time you've respected someone else's privacy.

CH: Well, it's the first time someone's asked me to. So I do keep my word. [*Laughs*]

RB: You've also dated an animal handler [Animal Planet personality Dave Salmoni].

CH: Well, I need to be handled.

RB: So you went from Ted [Harbert] to...

CH: Dave Salmoni to 50 Cent to...

RB: Andre, and what was that like?

CH: Funny! I'm mostly trying to amuse myself. I don't date two people at the same time. I'm very conservative about that kind of stuff. I don't want them dating anyone else either. And when it's over, it's over. It's not easy to break up, but it's always a big relief when you do.

RB: Did you ever feel like you'd found The One?

CH: Ted was probably the biggest love of my life. I was with him for such a long time. I was madly in love with him, and I tried very, very hard to make it work, but I just couldn't. The others were kind of inconsequential. It wasn't like, "Oh, I'm going to marry 50 Cent..." [*Laughs*] I mean, seriously. But I did like him.

RB: What would we call you? Mrs. 50?

CH: Mrs. Cent. He's very sweet and antithetical to what you'd think of him. He's got a huge

COURTESY OF SUBJECT (4).

What her girlfriends know

We've heard about her sleepovers and late-night Taco Bell runs... but putting money in her staffers' kids' college funds? Chelsea's besties reveal her hidden soft side.

smile, and all my friends fell in love with him. He was adorable and kind of irresistible, and it was like a fun little episode.

RB: Hey, we all need that. But seriously, do you ever worry that you'll never meet a man who can keep up with you?

CH: I don't think about it a lot. It's very hard to keep a relationship with all the things I have going on. I don't worry about meeting men. I used to, but now I'm never single for very long.

RB: Going back to your work, do you ever pinch yourself and wonder, *How did I go from slacker to total workaholic?*

CH: Yeah. I think inherently I am a lazy person. I could never have imagined myself working this hard back then. But you get used to it. People think I'm out until all hours. I'm in bed at 10 p.m. every night. I'm up at 6 a.m. I do Pilates every morning. I meet with the writers and work on this or that. I'm just happier working.

RB: And you have a trainer for your staff, too.

CH: I have yoga once a week for my staff with Mandy Ingber. I like to do that for them. I love to vacation with my staff or my family. I love to watch people have fun on my dime. [*Laughs*]

RB: Are you ever cheap with yourself? Do you bargain shop?

CH: No.

RB: I mean, you have a Bentley. How fabulous is that?

CH: I bought that when I was dating 50 Cent. He came over with a Ferrari one night, and I'm like, *Watch this*. So I got a Bentley. Meanwhile, he never even bought that Ferrari. He took it on loan. And here I am, *Ahhh... I just bought this Bentley*.

RB: I read that when you re-signed with E! for $25 million, you gave everyone on your staff a $1,000 signing bonus.

CH: You have to share the wealth.

RB: You share the spotlight too, which is rare.

CH: I read this cheesy quote once: "Blowing out someone else's candle doesn't make yours glow brighter." We women have to stick together. People ask me why I'm so hard on men. It's because they've gotten a really easy ride. And it's not that I think women should take over the world. But I do think it should be 50/50. I'm very much about letting other people shine, because it makes us all shine brighter. I like having a fraternity. I like girls and boys together, misfits and underdogs—I love underdogs.

RB: Why?

CH: I was an underdog. I've always felt bad for the girl who was left out.

RB: The persona you sometimes give off on-air is so different from the way you are.

CH: People say that to me all the time: "I can't believe you're so sweet and warm." I mean, I'm very much who I am [on the show], but I'm not making fun of anyone I would ever be friends with. And the people I'm friends with, I'd never talk about.

RB: Are you still in touch with the people you wrote about in your books? And if so, do you keep them separate from your new Hollywood pals like Jennifer Aniston and Reese Witherspoon? Or do you blend?

CH: I have them all there at the same time. I mean, Jennifer Aniston is one of the most down-to-earth, low-key people I know. She's just a regular girl. And Reese is the same way. You can't have friendships that aren't based on realness. I'm not going to treat them any differently than I would any of my other friends. I mean, Jen and Justin [Theroux] came to my house for Thanksgiving with 18 of my staff members. And so what?

RB: Did you get to improvise with Reese in *This Means War*?

CH: I only do movies if the director knows I won't memorize lines and lets me improvise. So this worked out well, because I'm super-stupid and Reese is, you know, super-focused.

RB: You're not super-stupid!

CH: Okay, I mean, I'm immature, very immature.

RB: That's a good thing—defying age stereotypes.

CH: I agree. Not acting your age is how you stay young. ®

WATCH CHELSEA'S EXCLUSIVE VIDEO
For a hilarious bonus interview and behind-the-scenes footage of our cover star messing with her wings, scan this code with your smartphone. Download a free QR code reader at i-nigma.com.

COLONNA, WITHERSPOON: WIREIMAGE/GETTY IMAGES. MCDONALD, CUMMINGS: GETTY IMAGES.

"She used to post a word of the day on a corkboard when I met her 15 years ago. We may talk about dumb stuff on the show, but that's not all she has going on in her mind."

SARAH COLONNA
Lately *writer and author of* Life as I Blow It

"She set up a scholarship fund for each of my kids and does the same for anyone on staff who has a baby. Yet she never went to college herself. She's a really sensitive person."

HEATHER MCDONALD
Lately *writer and author of* You'll Never Blue Ball in This Town Again

"I once came home to an enormous bouquet after I booked a small part in an indie film. It was from Chelsea. There is nobody as loving as she is."

WHITNEY CUMMINGS
star of Whitney *and co-creator of* 2 Broke Girls

"The great thing about Chelsea is she appeals to so many women by just being herself. She is honest, engaging, and genuinely curious about other people's lives."

REESE WITHERSPOON
Chelsea's costar in February's This Means War

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Conquer your style fears!

It's too trendy. I'll look like a clown in that super-bright makeup. I'll look like a fat clown in those pants. **Stop it!** These tiny fashion and beauty dares are so pretty and flattering, there's nothing to fear but looking awesome.

Photographs by Tom Watson

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Printed pants

These are probably the biggest trend out there for spring, and for good reason: In silky fabrics and slim, not pj-ish cuts, they're figure-friendly (and crazy comfortable). Balance them out with neutral, slightly flowy pieces on top. Pants, Tucker, $292. Blouse, Vince Camuto, $125. Blazer, 525 America, $298. Necklaces from top, Hamilton Jewelers, $495, Biko, $75. Bracelets from top, KumKum, $476, Gorjana, $50. Flats, Daniblack, $155.

Colorful lace

A hue this vibrant, material this luxe—there's a lot to love here. The key to feeling confidently covered in a sheer top is wearing a skin-tone tank underneath. And go for something more conservative on the bottom, like this sweet pencil skirt.
Lace tank, Yoana Baraschi, $205. Nude tank, Hanro of Switzerland, $135. Skirt, Eva Franco, $163. Earrings, Madame Mathilde, $175. Bracelets from top, Rebekah Price, $100, Melinda Maria, $150 and $60. Heels, L.L.Bean Signature, $159.

HAIR: ROBERT LYON AT ATELIER MANAGEMENT FOR REDKEN. MAKEUP: MATIN, COLOR CONSULTANT FOR LAURA MERCIER. MANICURE: GINA VIVIANO FOR ARTISTS BY TIMOTHY PRIANO. PROP STYLIST: DONNIE MYERS FOR DE FACTO INC.

Hot pink lips

This is as close as you get to a face-lift in a tube. Vivid lipstick wakes up your complexion instantly (*and* makes you feel great). Choose a more coral shade if your skin is yellow-y or olive, and a blue-based pink if your skin is pink-toned or dark. Dab it on with your finger, "which looks softer than applying it straight from the tube," says makeup artist Matin, who created the looks here. Nars Pure Matte Lipstick in Carthage, $25. Earrings, Kara Ackerman Designs, $200.

Find more issues at magazinesdownload.com

Bold blush & a fun hair clip

How's this for a double shot of energy? First, swirl a blush you can actually *see* on the apples of your cheeks; poppy pink works on every skin tone. Then, tuck a flashy-pretty clip or comb into the side of a low bun. Couldn't be easier.

BareMinerals Ready Blush in The French Kiss, $22. Hair comb, Jennifer Behr, $225. Dress, French Connection, $238.

Anything with a peplum

Before you look at this '40s-era flourish and think, *Yeah, not on* my *hips*, take note: An otherwise trimly cut jacket like this one, paired with slim pants, gives anyone a showstopping hourglass of a figure. Blazer, H&M, $39.95. Tank, Brulee, $128. Pants, Talbots, $119. Necklace, MiMi by Sorelli, $161. Bracelets from top, Kate Spade New York, $148, Stella & Dot, $89. Rings, Isharya, $178 for 3. On model throughout: Orly Nail Lacquer in You're Blushing, $7.50.

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A maxi skirt

We dare you to find anything sister-wifey about this skirt. Can't do it, can you? It's all in the happy-making color and the silky sway of the fabric that hints at what's underneath when you walk. Add a simple turtleneck and you're as sleek as can be. Skirt, Mango, $60. Turtleneck, Inhabit, $150. Necklace, Bajalia, $120. Cuff, Alexandra Beth Designs, $168. Rings, Kara Ackerman Designs, $75 each. Flats, Candela, $245.
Fashion editor: Audrey Slater. See shopping guide, last pages, for details.

Find more issues at
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Teal shadow

This ain't no '80s flashback, trust us: Rich teal shadow looks fresh and very cool now. "It's fantastic on everyone," Matin says. "Pick one with sheen, which takes the edge off the intensity." Sweep it along your lashes and use your finger to blend it up to the crease, which creates a faded effect. Then top it off with black mascara.
Laura Mercier Sateen Eye Colour in St. Germain, $22.

JUICY! Confessions TRUE!

"what's weird about us"

We asked a bunch of blissfully coupled people to tell us how they stay close. Boy, did they have some odd tricks—but who cares, they work! By Tiffany Blackstone

Just the other night, I was having dinner with my guy of 12 years at a swanky restaurant, and I couldn't stop staring at the painting across the room. When I said, "I finally know what that reminds me of…" he finished, "…that painting of all those people at the beginning of *Good Times*?" Seriously, not even Picasso would have looked at those swirly blobs and come up with that—but my guy saw what I did. Our brains work in the same wonky way, which is why he understands me like nobody else does. That doesn't mean we always get along; there have been times when I thought the mere sight of him would land me on CNN, being escorted away in handcuffs. But our moments of spookily accurate couple ESP remind me that what we have is special. You share each other with the world, but knowing that there's something you only do with—or get about—one another is what makes you feel so wholly lucky to be together. I asked other couples what makes them feel bonded, and learned that the strangest things are often the most powerful.

"Every morning when we get to the subway platform, I say, 'What should we touch?' Then we touch forehead to forehead or ear to ear or something else. My favorite is touching eyes, because it's funniest."

—JULIA GRAEPER, 34, BROOKLYN, NY, MARRIED FOR 2 YEARS

CHRIS CRAYMER/TRUNK ARCHIVE.

These two met at the barber shop. Now they dye each other's hair.

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"On Sunday nights, we grab an anchovy pizza with raw garlic on a garlic crust. It's so strange that all I have to do is say my name to the pizza place, and they hang up and deliver it. It's our excuse to spend time together, communicate, and... stink."

—GLEN TIBALDEO, 40, FORT LAUDERDALE, FL, MARRIED FOR 7 YEARS

"Whenever we argue, we solve it while playing the video game Gears of War. Nothing boosts the romance like running each other through with a chain saw." —KATRINA DUFF, 27, DUMFRIES, VA, MARRIED FOR 7 YEARS

"Most nights when my husband gets ready for bed, he'll take off his giant socks (he wears a size-17 shoe), ball them up, and throw them at me. I duck and try to make him miss, then throw them back. It's our way of always ending the day on a fun note. If we've missed a night or two, I tease, 'You haven't thrown a sock at me in a while.'"

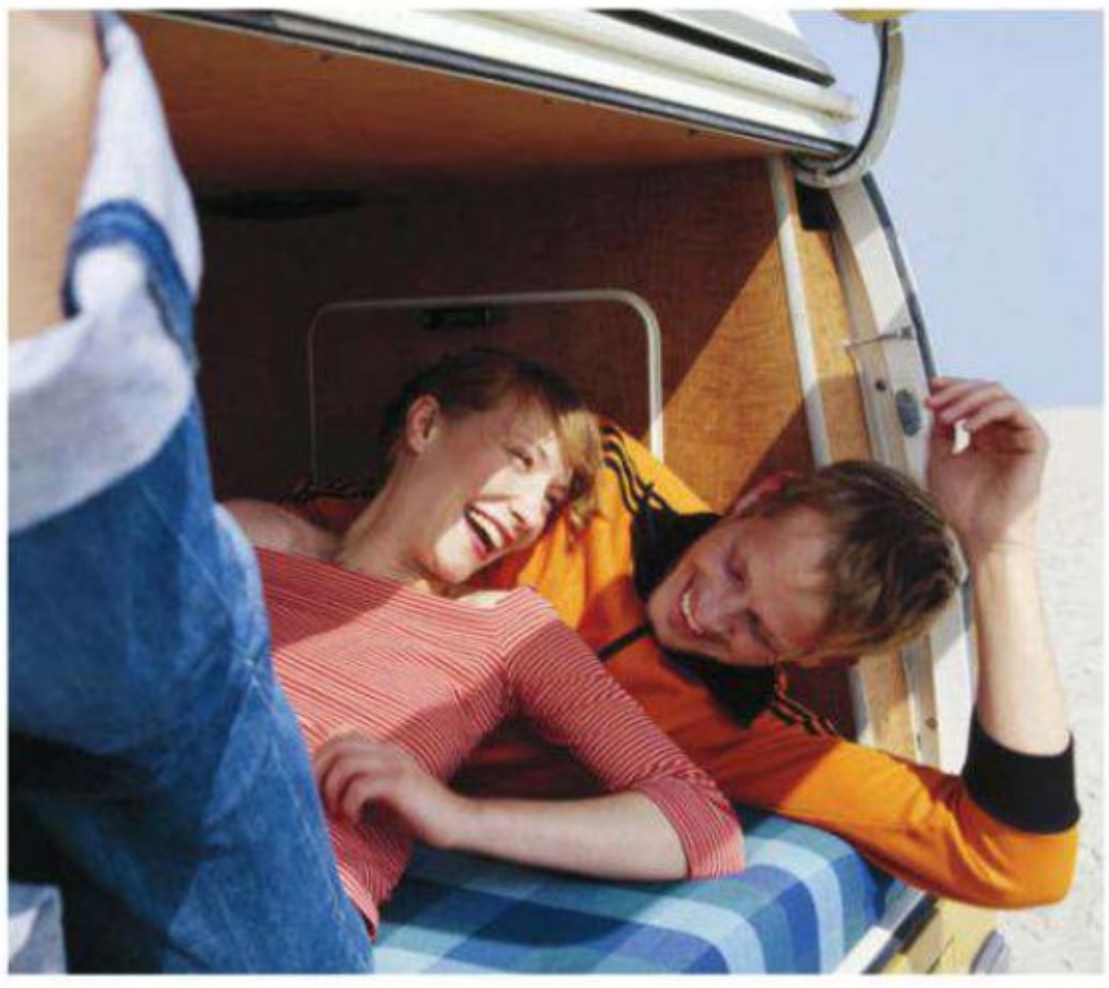
—MARY ST. JOHN, 40, TEMECULA, CA, MARRIED FOR 12 YEARS

"We have 'college night' dinners, where I cook one of the few meals—Hamburger Helper, beans, and cut-up hot dogs—we knew how to make and could afford back in college when we first started dating. It always brings us right back to that time when we were totally smitten."

—CAROLINE CRAFTON, 34, PHOENIX, MARRIED FOR 5 YEARS

Maybe it's not the wine that makes my marriage work. Maybe it's the intimate conversation we have over our nightly bottle, after we put the kids to bed but before we watch a movie or fill out insurance forms. Maybe it's the time we dedicate to not scrubbing baby bottles or folding onesies or answering emails or watching *Downton Abbey* on DVR (I know it's not the most masculine show, but watching it helps make my marriage work too). Maybe it's that we're not sitting in front of the TV—because not sitting in front of the TV, or consuming any electronic media whatsoever, is the main reason we started the whole tradition a year or so ago in the first place. It might also be the hors d'oeuvres platter my wife prepares while I'm doing the uncorking. But then again, it might just be the wine. It unlocks all the little static-y pressure centers that have been bound up all day. And that thing they say about liquor making you feel good? It's true."

—DEVIN FRIEDMAN is a senior correspondent at ***GQ***



NORMAN JUNG/CORBIS.

Being with my husband, Brad, is like having my own personal Magic 8-Ball. He has only two answers for any question—'No' or 'Go'—and he's always right. Nowadays I'm in constant motion, off to cover an unfolding drama, launching my new CNN morning show, starting a foundation to help underprivileged girls go to college. Life could be really complicated and stressful, but it's not, because before I make a decision, I look to Brad. I know he has thought about what works best for his objective, my objective, and for our four kids. I love him because his answer is almost always 'Go.'"

—SOLEDAD O'BRIEN is a special correspondent for CNN and anchor of the network's new morning show ***Starting Point With Soledad O'Brien***

"My husband and I share a dessert almost every night, usually a bowl of ice cream. And for years we've had an ongoing competition to see who can convince the other to take the last bite. Saying, 'No, you have it' is code for 'No, I love *you* more.'"

—CAMILLE PAGÁN, 33, ANN ARBOR, MI, MARRIED FOR 7 YEARS

"My husband and I never kiss just once—it's always five kisses in a row, even before we go to sleep. It's like giving ourselves good relationship luck."

—JANE ATKINSON, 47, LONDON, ONTARIO, CANADA, MARRIED FOR 4 YEARS

"We write messages to each other with an old-school bar of soap on our bathroom mirror. As our kids have gotten older (and literate), our messages have become more PG, but still always loving and encouraging."

—MARY SUSAN BUHNER, 40, INDIANAPOLIS, MARRIED FOR 15 YEARS

CHRIS CRAYMER/TRUNK ARCHIVE.

When I met the man who would become my husband, he had his bachelor pad in New York while I was used to suburban family life out in Connecticut, where I lived with my kids from my first marriage. We'd have date nights in the city, staying over in his apartment, but the leather sofa and unused galley kitchen never felt like home to me. After we were married three years ago, we decided to keep his apartment and go our own ways for two or three nights a week. Initially it was for both of us to have alone time with our kids, but after a while we realized how much we loved the effect that a little separation had on our relationship. Those solitary times are my idea of heaven: My husband gets to enjoy his city fix, while I curl up on my squashy sofa and crawl into bed early with a stack of books and no TV. I truly believe these nights on our own are what keep things hot between us—when he comes home on a Wednesday evening, I'm so excited to see him. Still."

—JANE GREEN is the author of 12 best-selling novels, including ***Jemima J.*** and ***The Beach House***. Her newest, ***Another Piece of My Heart***, is out this month.

ADDITIONAL REPORTING BY MELISSA WALKER

1 DREAM ROOM

CONFESS: YOU'VE BEEN DYING FOR A GROWN-UP SPACE WITH CRISP (WHITE!) COUCHES AND FUN PILLOWS. ROPE IT OFF SO THE KIDS CAN'T GET IN. WE WON'T JUDGE.

Designer tips

1 "Start with a piece of art or a fabric you love," says Leah Bailey of the Design House Savannah, who created this look. Her inspiration: the oyster painting and dragon pillows. 2 Consider how sunny your space is when picking a paint color. Leah chose this deep Van Buren Brown by Benjamin Moore to offset the room's flood of natural light and to make the white moldings pop. 3 Add secret storage! These velvet-covered demilune tables hide shelves underneath. 4 Layer a dark rug over a sisal carpet for depth (and a pretty border). 5 Skip the curtains. Wide shutters are less stuffy and *way* easier to clean.

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17 REAL IDEAS

2

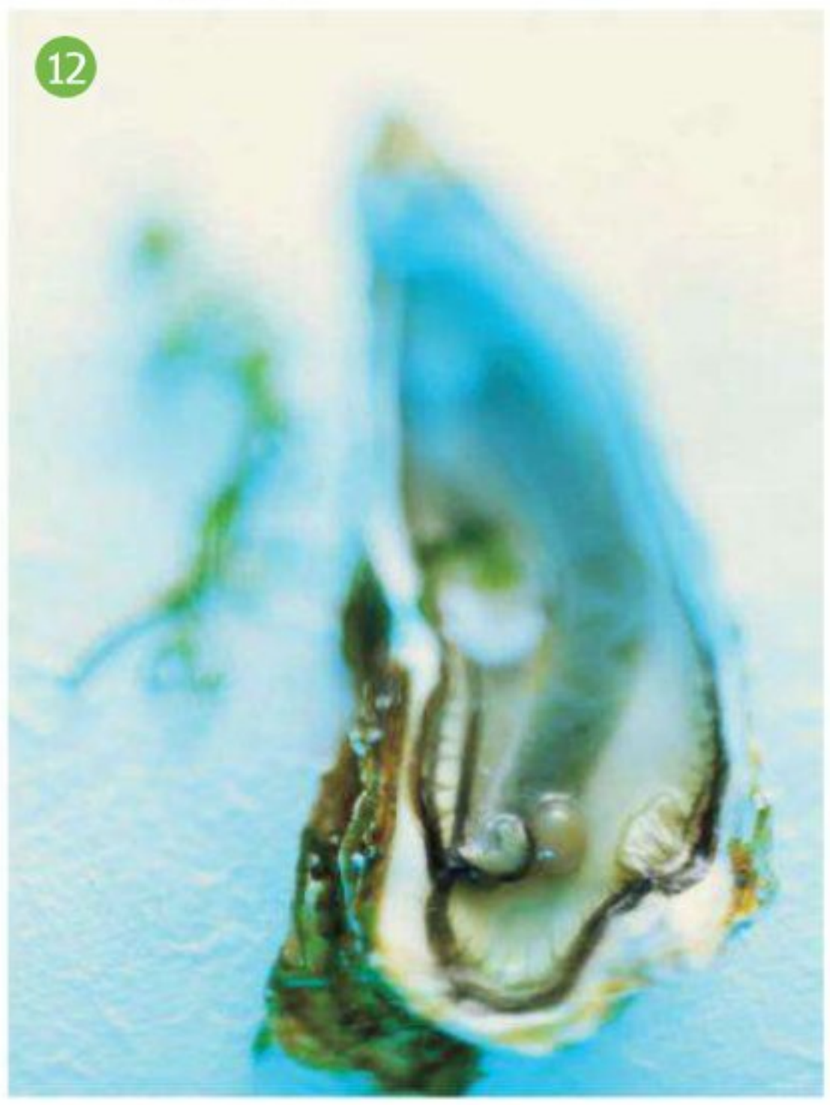
3

4

CHRISTINE HALL PHOTOGRAPHY.

Same look for less money on the next page!

DREAM ROOM



Huge in real life!

Customize your pillow

Bold **patterns** and **funky** details give white couches spark.

6 **Put down the Valium**—the cover on this couch is machine-washable. Ektorp sofa, $399; ikea.com. 7 **A black shade** lends sleekness to an antique-y lamp. Flambeau Teche lamp, $374; wayfair.com. 8 **We love the carvings** on this Chinese chair. Rosewood armchair, $339; oriental interiors.com. 9 **Schumacher Chiang Mai Dragon fabric** (which comes in five hues; this is aquamarine) is mostly exclusive to designers, but we found a slew of big pillows made from it on etsy.com, starting at $85. 10 **Place candleholders** on both sides of the mantel to keep with the room's symmetry. Mariposa holders, $12.95 and $14.95; zgallerie.com. 11 **This genius company** lets you buy one pillow and tons of covers, so you can instantly refresh your decor. Pillow and cover, $45; additional covers, $22 each; henhouselinens.com. 12 **A cool photograph** that adds a gorgeous shade of blue to the mix. Joe Kirchherr *Fresh Oyster With Pearl* print, $60; art.com. 13 **The do-it-all ottoman:** mini table, extra seat, fancy footrest. Moroccan leather pouf, $225; moroccanprestige.com. 14 **Toss these** in the fireplace during warm months. Wicker balls, $11.81 for 6; houseofhomedecor.com. 15 **Giddyup!** Novica tabletop sculpture, $140; worldmarket.com. 16 **Ornate wooden panels** add Asian flair. Sara wall plaque set, $260; walldecorandhomeaccents.com. 17 **A giant shell** does duty as fine-ish art. Shell planter, $73; newportnauticalde.com.

PILLOWS, SWATCHES: PHILIP FRIEDMAN/STUDIO D. WICKER BALLS: BEN GOLDSTEIN/STUDIO D. OTHER STILLS: COURTESY OF MANUFACTURERS.

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ON NEWSSTANDS NOW

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GOOD TO EAT

EASY, HEALTHY FOOD EVERYONE WILL LOVE

JUICY!
Confessions
TRUE!

FOOD STYLIST: FRANK P. MELODIA. PROP STYLIST: PAM MORRIS.

Secret **shortcut** suppers

In the spirit of our confessions issue, 5 incredible dinners that are only **quasi-homemade.** Tell no one. Plus: Kitchen cheats from **celebrity chefs** ● Good-for-you **bacon** recipes ● The best microwave **popcorns**

Photographed by Con Poulos Recipes by Frank P. Melodia

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*These recipes are chock-full of **sneaky** cooking tricks—from using pre-prepped ingredients to spicing up takeout. Try every one of them, because being **bad** never tasted so good.*

(from previous page)

Sweet-and-sour roast chicken

- 1/2 cup packed light-brown sugar
- 2 Tbsp *each* Thai fish sauce, low-sodium soy sauce, and water
- 2 tsp garlic paste
- 1 tsp hot red chili sauce, like sriacha
- 1/4 cup fresh lime juice
- 1 warm fully cooked rotisserie chicken, cut into 10 serving pieces
- 3 mini seedless cucumbers, sliced (1 1/2 cups)
- 1/4 cup sliced red onion strips
- 1/4 tsp *each* kosher salt and freshly ground pepper
- 1 small head frisée, torn into bite-size pieces
- 2 Tbsp julienned mint leaves
- 1 fresh red or green chile, sliced (optional)

1. In a medium saucepan, whisk brown sugar, fish sauce, soy sauce, water, garlic paste, and chili sauce until combined. Bring mixture to a boil and simmer over medium heat until sauce boils and thickens, 3 to 5 minutes. Remove from heat and stir in 3 Tbsp of the lime juice.

2. Brush half of the sweet-and-sour sauce over the flesh and skin sides of chicken pieces.

3. Toss cucumbers, red onion, the remaining 1 Tbsp of the lime juice, salt, and pepper in a small bowl. Arrange frisée and dressed cucumbers on a platter. Place chicken pieces over greens and sprinkle with mint and sliced chile, if desired. Spoon remaining sauce over chicken or serve on the side.

Makes 4 servings. Each serving: 414 cal, 14 g fat, 40 g protein, 33 g carb.

Primavera couscous salad

- 1/4 cup olive oil
- 1 (6-oz) box pearled couscous
- 2 cups low-sodium vegetable broth
- 1 can lentils or chickpeas (about 15 oz), rinsed, drained
- 1/2 cup diced red onion
- 1 tsp *each* kosher salt and freshly ground pepper
- 1 *each* large zucchini and yellow summer squash, halved down the middle, sliced
- 1 pint mixed cherry tomatoes, halved
- 1 cup shredded carrots
- Grated zest and juice of 1 lemon (1 tsp zest, 3 Tbsp juice)
- 2 bunches watercress
- 1 (4-oz) log fresh goat cheese, coarsely crumbled
- 1/2 cup coarsely chopped salted pistachios

1. Heat 1 Tbsp of the oil in a medium saucepan over medium heat; add couscous and stir. Cook until couscous becomes lightly browned, 2 to 3 minutes. Slowly add broth, stir, and bring to a boil. Reduce heat to medium and simmer, uncovered, until couscous is tender and most of the broth has evaporated, 8 to 10 minutes. Remove from heat and drain in a colander. Transfer couscous to a large bowl and stir in lentils, red onion, and 1/2 tsp *each* of the salt and pepper.

2. Heat 1 Tbsp of the oil in a nonstick skillet over high heat. Add zucchini and squash and sauté 3 minutes, until crisp-tender. Add to couscous along with tomatoes, carrots, lemon zest and juice, and the remaining 2 Tbsp of the oil, and gently toss to dress.

3. Arrange watercress on plates and top with couscous mixture. Sprinkle with goat cheese and pistachios.

Makes 4 servings. Each serving: 616 cal, 31 g fat, 24 g protein, 67 g carb.

BURKE: LOU MANNA. CONANT: MELANIE DUNEA. LAWSON: JAMES MERRELL.

WHAT IN YOUR PANTRY WOULD **SHOCK** US?

"My Jack LaLanne juicer. I use it to make carrot-based drinks for my kids."
—REE DRUMMOND, FOUNDER OF THEPIONEERWOMAN.COM

"Five kinds of anchovies, almond milk, and beef jerky."
—MARIO BATALI

"Tang."
—DAVID BURKE, OWNER OF FIVE RESTAURANTS, IN NEW YORK CITY, CHICAGO, NEW JERSEY, AND CONNECTICUT

Pasta twists with Bolognese sauce

- 2 Tbsp olive oil
- 1 large onion, diced
- 3 pre-peeled garlic cloves, chopped (or 2 Tbsp garlic paste)
- 1½ tsp dried rosemary
- ½ cup dry red wine
- 1 (25-oz) jar marinara sauce
- 1 (12-oz) package fully cooked Italian-style turkey meatballs, diced
- ½ tsp freshly ground black pepper
- 1 lb dried pasta twists like gemelli (above), caserecci, or rotelle
- 1 Tbsp unsalted butter, softened
- 1 cup torn basil leaves
- Grated Parmesan cheese

1. Bring a large pot of salted water to a boil.
2. Meanwhile, heat oil in a large skillet over medium heat. Add onion, garlic, and rosemary and sauté 6 minutes, until softened. Pour in wine and cook until reduced by half, about 2 minutes.
3. Stir in marinara sauce, meatballs, and pepper and bring to a boil; reduce heat to low, cover, and simmer 15 minutes.
4. While sauce simmers, add pasta to the boiling water and cook according to package directions, or until al dente, 10 to 12 minutes. Drain and return pasta to pot and toss with butter until coated. Stir in a ladleful of sauce and half the basil and toss until coated. Put pasta on plates and spoon remaining meat sauce and basil over pasta. Serve with Parmesan cheese.

Makes 4 servings. Each serving: 769 cal, 20 g fat, 36 g protein, 110 g carb.

WHAT'S YOUR **QUICKIE** PASTA DISH?

"Very simple: penne with butter and Parmesan cheese." —SCOTT CONANT, HOST OF *24-HOUR RESTAURANT BATTLE* ON FOOD NETWORK

"Angel hair sautéed with garlic, lemon, chopped ham, and poppy seeds."
—DAVID BURKE

"Add angel hair pasta to rolling boiling water for 3 to 4 minutes. Sauté some thinly sliced chile and garlic and throw in some prawns. After a minute or so, add white wine, chopped tomatoes, and spring onions. Add the pasta and toss."
—GORDON RAMSAY, STAR OF *KITCHEN NIGHTMARES* ON FOX

"Spaghetti cacio e pepe*: I cook pasta, drain it, then put it back in the hot, dry pan with grated pecorino and coarsely ground pepper, and toss it with a little of the pasta cooking liquid."*

—NIGELLA LAWSON

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WHAT IN YOUR PANTRY WOULD SHOCK US?

WHAT FROZEN OR JARRED INGREDIENT SAVES YOU TONS OF TIME?

"Frozen peas are packed with flavor and add color and texture to almost any dish. And they hardly need any cooking time."

—GORDON RAMSAY

"Garlic-infused oil. Nearly every time I cook, I start by dribbling this aromatic stuff in a skillet or Dutch oven. It packs instant flavor." [Try Olio Santo Garlic Extra Virgin Olive Oil, $18.50, williams-sonoma.com.]

—NIGELLA LAWSON

"I always have some peeled frozen gulf shrimp that are perfect for a quick sauté served over rice in a tortilla."

—JOHN BESH, AUTHOR OF *MY FAMILY TABLE: A PASSIONATE PLEA FOR HOME COOKING*

"Jarred pesto. A few tablespoons inject huge flavor into soups, pastas, and even quiche filling."

—REE DRUMMOND

Sausage, white beans, and kale on cheesy polenta

- 2 Tbsp olive oil
- 1 medium onion, diced
- 3 pre-peeled garlic cloves, chopped (or 2 Tbsp garlic paste)
- 1 (10-oz) bag ready-to-cook cut kale or (12-oz) bunch kale, stemmed and cut into bite-size pieces (about 10 cups)
- 1 cup reduced-sodium chicken stock
- ½ small fennel bulb, cored, cut into thin strips
- 1 (15½-oz) can cannellini beans, rinsed, drained
- 1 (14½-oz) can fire-roasted diced tomatoes, undrained
- ½ tsp crushed red pepper flakes
- 1¼ tsp kosher salt
- 1 lb fully cooked Italian-style chicken sausage
- 2 cups *each* milk and water
- ¾ cup quick-cooking polenta
- 1 cup shredded Italian cheese blend

1. Heat oil in a large Dutch oven over medium heat; sauté onion and garlic for 5 minutes, until translucent. Stir in kale and chicken stock, cover pot, and cook 5 minutes, until wilted. Uncover and stir in fennel, beans, tomatoes, red pepper, and ¼ tsp of the salt. Continue to cook, stirring, until most of the liquid has evaporated, about 8 minutes. Remove from heat.

2. Meanwhile, brown sausages in a small nonstick skillet or grill them on a grill pan until golden brown, about 8 minutes.

3. While sausages brown, bring milk, water, and the remaining 1 tsp of the salt to a boil in a large saucepan over high heat; gradually stir in polenta. Cook 5 minutes, stirring constantly, until polenta thickens and pulls away from sides of pan. Remove from heat and stir in cheese until it melts.

4. Cut sausages diagonally into thirds. Spoon polenta onto plates; top with kale mixture and sausages.

Makes 4 servings. Each serving: 595 cal, 23 g fat, 40 g protein, 58 g carb.

NEED A SHOPPING LIST?
Scan this code with your smartphone to get grocery lists for these recipes. Download a free QR code reader at i-nigma.com.

RAMSAY: COURTESY OF SEARS HOLDING. DRUMMOND: SHANE BEVEL. BESH: COURTESY OF BESH RESTAURANT GROUP.

READY IN 35 MINUTES!

Sticky Asian short ribs with sesame snow peas

- 1 navel orange
- 2 packages (2 individually wrapped portions each) heat-and-serve braised beef short ribs with sauce packet
- 1/3 cup *each* hoisin sauce and sweet orange marmalade
- 1 Tbsp reduced-sodium soy sauce
- 1 1/2 tsp grated fresh ginger
- 1 tsp *each* canola oil and toasted Asian sesame oil
- 1 (6-oz) package trimmed snow peas
- 1 small red bell pepper, seeded, cut into thin strips
- 2 (8 1/2-oz) packets ready-cooked jasmine rice

1. Heat oven to 400°F. Remove two strips of peel from orange with a vegetable peeler; julienne the peel and reserve. Juice orange and reserve.
2. Unwrap ribs. Discard sauce packets or reserve for another use. Cut rib portions into individual ribs and place, bone side down, in a large roasting pan. Drizzle orange juice over ribs and add ½ cup water to bottom of pan. Stir together hoisin, marmalade, 2 tsp of the soy sauce, and ginger. Brush ribs with half the mixture.
3. Cover pan tightly with foil and place in oven for 15 minutes. Remove foil, brush ribs with remaining hoisin mixture, and continue to roast 10 minutes longer, until ribs are very tender and glaze caramelizes.
4. While ribs are in oven, heat oils in a nonstick skillet over medium heat. Add snow peas and bell pepper and sauté until crisp-tender. Remove from heat and season with the remaining 1 tsp of the soy sauce. Heat rice according to package directions.
5. Spoon rice onto plates and top with short ribs. Scatter reserved orange zest over ribs and serve with snow peas.

Makes 4 servings. Each serving: 671 cal, 27 g fat, 29 g protein, 81 g carb.

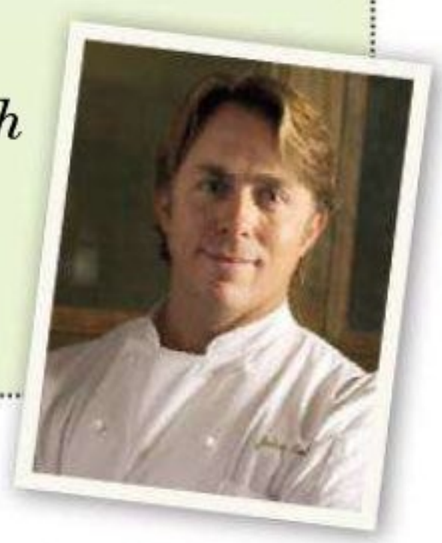
HOW WOULD YOU **DOCTOR UP** A FROZEN PIZZA?

"I'd drizzle a little olive oil on it, then, once it's blistered in the oven, I'd drape it with thin slices of prosciutto crudo and scatter arugula and toasted pine nuts on top."—NIGELLA LAWSON

"Potato chips or freshly grated cheese and crisp bacon are great additions."
—DAVID BURKE

"Crumbled goat cheese, caramelized onions, and jarred pesto—then some olive oil drizzled on top."—REE DRUMMOND

"With thin-sliced Spanish chorizo, olive oil, and black olives."
—JOHN BESH



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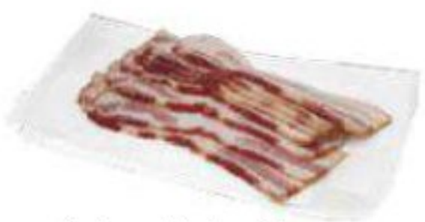

8 slices thick-cut bacon, cut into 1-inch pieces

⅓ cup vinegar (cider or red or white wine)

2 Tbsp honey Dijon mustard

1 pint *each* red and yellow cherry tomatoes, halved

1 lb fresh baby spinach

1 cup (4 oz) pecans, toasted

BLT spinach salad

1. In a large skillet, cook bacon over medium heat until crisp, 6 to 8 minutes. Transfer to a paper towel to drain; reserve 2 Tbsp drippings in the pan.

2. Add vinegar and mustard to skillet, stirring to combine. Add tomatoes and cook 1 to 2 minutes or until tomatoes are heated through and slightly softened.

3. Place spinach in a large bowl. Pour hot dressing and tomatoes over spinach, tossing quickly to coat and wilt slightly. Add reserved bacon and pecan pieces. Season with coarse salt and freshly ground pepper to taste.

Makes 4 servings. Each serving: 444 cal, 35 g fat, 11 g protein, 27 g carb.

8 slices thick-cut bacon

1 (11-oz) can Mexicorn (corn kernels with minced red and green bell peppers)

1 firm-ripe Hass avocado, peeled, diced

2 Tbsp fresh lime juice

1 chipotle pepper in adobo sauce, chopped, plus 1 Tbsp adobo sauce

8 chicken-breast tenders (1¼ to 1½ lb)

Bacon-wrapped chicken with chipotle corn salsa

1. In a medium bowl, combine corn, avocado, lime juice, chopped chipotle pepper, 1 Tbsp canola oil, and ½ tsp coarse salt.

2. Brush chicken tenders on both sides with adobo sauce. Sprinkle with coarse salt and freshly ground pepper. Wrap each tender with one piece of bacon.

3. In a large nonstick skillet, heat 1 Tbsp canola oil over medium heat. Add chicken tenders and cook until fat is rendered and bacon is browned, 5 to 6 minutes. Turn and cook until chicken is cooked through, about 5 more minutes. Drain briefly on paper towels. Serve over the salsa.

Makes 4 servings. Each serving: 432 cal, 25 g fat, 35 g protein, 16 g carb.

—RECIPES BY BARBARA CHERNETZ

PHILIP FRIEDMAN/STUDIO D. FOOD STYLIST: FRANK P. MELODIA. TOMATOES: CON POULOS. AVOCADO, LIME: ISTOCKPHOTO.COM. CHIPOTLE PEPPERS: ANDREW MCCAUL.

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Good ol' spaghetti and meatballs Our version of this fave from Macaroni Grill will satisfy your primal need for pasta, with about half the calories.

Mom's Ricotta Meatballs & Spaghetti with Bolognese from Romano's Macaroni Grill
1,190 CALORIES
19 grams of saturated fat

DELISH, BUT DANGEROUS
We slashed major calories and fat from Macaroni Grill's dish by swapping in lean turkey for beef and pork.

WAIT! DON'T ORDER THIS...

REDBOOK's spaghetti and meatballs

- 2 Tbsp skim milk
- 2 slices thin-sliced white bread, crusts removed
- 1¼ lb ground white-meat turkey
- ¼ cup grated zucchini
- ¾ cup finely chopped onion
- ¼ cup part-skim ricotta cheese
- 2 Tbsp grated Romano or Parmesan cheese
- 2 Tbsp chopped flat-leaf parsley
- 1 Tbsp garlic paste
- 1 large egg
- ½ tsp kosher salt
- ¼ tsp freshly ground black pepper
- 1 Tbsp olive oil
- 2 cups marinara sauce
- 12 oz dried spaghetti

1. In a microwave-safe bowl, heat milk until just warm. Add bread, to absorb milk. Squeeze out extra liquid from bread, then chop.
2. In a large bowl, combine bread, 1 lb of the turkey, zucchini, ¼ cup of the onion, cheeses, parsley, garlic paste, egg, salt, and pepper. Roll into 1-inch balls.
3. In a large, deep nonstick skillet, heat oil over medium heat. Brown meatballs in batches, 2 to 3 minutes. Remove meatballs to a bowl.
4. Spray same skillet with olive oil cooking spray. Cook the remaining ½ cup onion over medium heat until translucent, about 3 minutes. Add the remaining ¼ lb turkey and cook (breaking it up with a wooden spoon) until no longer pink, about 3 minutes. Add marinara and heat until simmering. Add meatballs, cover, reduce heat to low, and simmer until meatballs are cooked through, about 15 minutes.
5. Cook pasta according to package directions. Serve meatballs and sauce over spaghetti.

Makes 4 servings. Each serving: 662 calories, 14 g fat, 3 g saturated fat, 51 g protein, 79 g carb.

Restaurant redo
ONLY 662 CALORIES
3 grams of saturated fat

MAKE IT HEALTHIER **AT HOME!**

PHOTOGRAPHED BY HECTOR SANCHEZ. PROP STYLIST: PAM MORRIS. FOOD STYLIST: ANNE DISRUDE. INSET: BC PHOTOGRAPHY. RECIPE BY BARBARA CHERNETZ.

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MARCH'S SUPERFOOD: FENNEL

Fennel sounds like something only a chef would use, but it's a healthy, easy way to punch up salads and sides. It's basically calorie-free—just 27 for a cup, chopped—but has as much energy-boosting potassium as a small banana. Another (random) tidbit: "Many women find fennel helpful in easing premenstrual symptoms," says New York City–based registered dietitian Stephanie Middleberg. Mainly, though, fennel is delicious, with a slightly sweet, almost licorice-y flavor. So slice some into an arugula salad with orange segments and a citrus vinaigrette, or toss with olive oil, salt, and pepper and bake for 30 minutes for a veggie side. —PERRI O. BLUMBERG

Those **crazy** egg labels, explained

There's no such thing as a plain old egg anymore. Every carton seems to blare healthy- and important-sounding differences like "cage-free" or "enriched with omega-3s." But what do those things mean? And what should you buy? Registered dietitian Bonnie Taub-Dix, author of *Read It Before You Eat It*, clears things up.

THE LABEL: Omega-3 enriched

WHAT IT MEANS: These eggs haven't been injected with fish oil or anything, it's just that the chickens that laid them were fed omega-3-rich foods like flaxseed, so their eggs have seven times more of the heart-healthy fats than regular eggs. "It's an easy way to bolster your diet," says Taub-Dix, "but you also need direct sources of omegas, like fish and walnuts."

THE LABEL: Vegetarian

WHAT IT MEANS: Unlike chickens on large factory farms—which may be fed cow, pig, and even chicken parts—these birds don't eat meat, aside from the occasional insect or worm they come across in their pens. But there's no evidence that the resulting eggs are any healthier for humans, Taub-Dix says.

THE LABEL: Free-range, cage-free

WHAT IT MEANS: Ninety percent of the eggs at the grocery store come from hens that are kept in very tightly packed cages. Animal-rights folks say the practice is unkind; health experts worry that close quarters make it easier for fecal-borne bacteria such as E. coli to get onto the eggs. "Free" hens have more crawl space.

THE LABEL: USDA organic

WHAT IT MEANS: The hens that lay these eggs have access to the outdoors and are fed an organic diet, which equals fewer pesticide residues in *your* diet, Taub-Dix says. The birds aren't given antibiotics, either—that's good news, since one study found that antibiotics given to chickens can end up in their eggs.

—CHRISTINE RICHMOND

How many MINIS can you eat?

Tiny-size treats let you get your fill of something yummy while keeping calories low. Look at how much of these you can *nom nom nom* for under 200 calories:

- **16** Hershey's Air Delight Kisses
- **6** Chips Ahoy! Mini Chocolate Chip Bite-Size Cookies
- **5** Dunkin' Donuts Plain Cake Munchkins
- **4** Snickers Miniatures
- **1** Häagen-Dazs Vanilla & Almonds Snack-Size Bar

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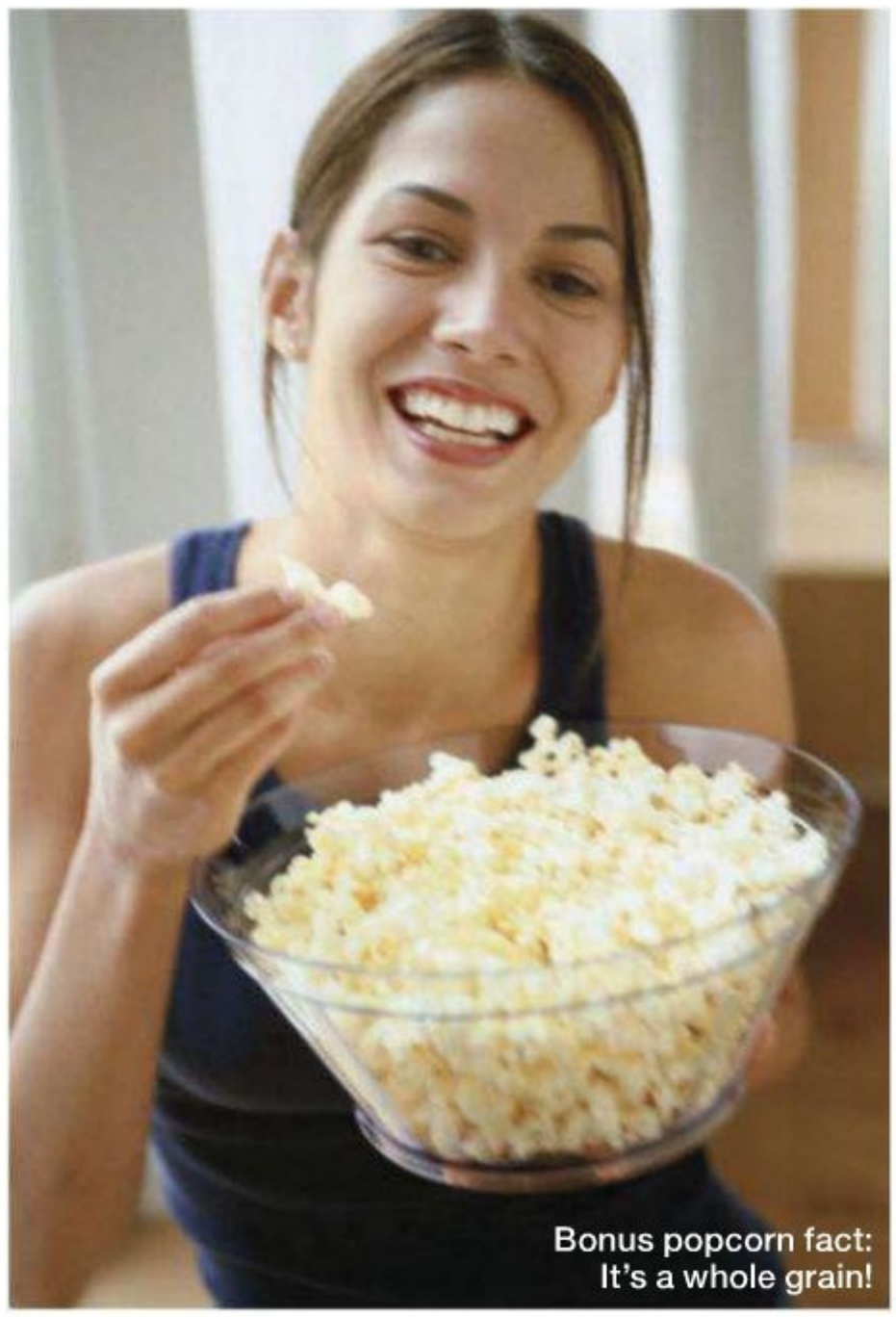
HUNGRY GIRL'S FOOD FIX

Popcorn bests and worsts

What would watching Oscar movies be without popcorn? Sucky, that's what. So Hungry Girl Lisa Lillien is giving out her which-to-eat awards.



Bonus popcorn fact: It's a whole grain!

WHEN YOU'RE AT THE MOVIES

WINNER

Order a **small-size bag** (440 calories) and skip the butter. Share it with your movie buddy for a completely reasonable treat.

LOSER

Avoid butter flavoring! A small-size buttered bag has nearly 700 calories; a large packs 1,500 calories and two days' worth of fat: 130 grams!

WHEN YOU'RE ON THE SOFA

WINNER

Look for 94 percent fat-free microwave popcorn, like **Orville Redenbacher's Smart Pop!**—only 240 calories for a whole bag. Want portion control? Look for 100-calorie minis.

LOSER

Beware of pre-popped snack bags, which can easily have 200 calories and 10 grams of fat in just two cups. So if you're the type who likes to snack straight through to the credits, this would be a nutritional horror show.

WHEN YOU WANT SOMETHING SWEET

WINNER

You could eat a big bowl—5 cups!—of Jolly Time **Healthy Pop Caramel Apple** popcorn for a smart 110 calories and 2 grams of fat. Caramel popcorn. Need I say more?

LOSER

Candied varieties like Crunch 'n Munch Buttery Toffee Popcorn pack about 150 calories and 6 grams of fat in each tiny 2/3-cup serving—and, c'mon, who can really stick to a measly handful of the stuff?

LOW-CAL POPCORN TOPPERS

Ask Hungry Girl

I'm a chocolate freak. How can I satisfy my cravings without downing a bag of M&Ms?

Surprisingly chocolicious.

This is a question I get asked *so* often! The key is to think single-serving snacks. Most sugar-free chocolate pudding cups, for example, have 60 calories or less. I also love Skinny Cow's fudge bars, at only 100 calories a pop, and Vitalicious VitaTops Deep Chocolate muffin tops—for a reasonable 100 calories, you get nine grams of super-filling fiber and a treat that tastes like a brownie. But for those times when a girl just *has* to have a candy bar, I'm a fan of Q.bel Dark Chocolate Wafer Rolls, which you can find in most health-food stores: They're crispy and creamy at the same time, and each roll has only 60 calories.

Hungry for more? Sign up for Lisa's free email newsletter at hungry-girl.com, and tune in to Food Network every Sunday at 10 a.m. ET for *Hungry Girl.*

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flavor

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IT TASTES CLOSE ENOUGH TO
IT'S SLAMMIN!

MY GREAT-GRAM

TO TRICK
MY MOTHE

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My husband
loves all this fc

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veggies

CAN'T GET ENOUC
OF IT!

I COULD PICK RAGÚ IN ANY

taste

RAGÚ
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SHOP THE ISSUE

INSIDE COVER

Dress, Zac Posen. **Earrings**, Madyha Farooqui. **Ring**, Miriam Salat. **Bracelets**, Alexis Bittar.

5 TRICKS TO... PERFECT YOUR SKIN WITH CONCEALER

PAGE 50: MAC Cosmetics Studio Finish **Concealer**, $17; maccosmetics.com. Lancôme Effacernes **concealer**, $29.50; lancome-usa.com. Black Opal Fade and Conceal **concealer**, $6.75; blackopalbeauty.com. Laura Mercier Secret Camouflage **Concealer Brush**, $26; lauramercier.com. Sonia Kashuk Brightening **Powder**, $9.99; Target, target.com. Clarins Instant Light Brush-On **Perfector**, $30; sephora.com.

BEAUTY SHOPPER

PAGE 52: Dior 5-Couleurs Garden Editon **palette**, $59; Dior counters nationwide, dior.com. Fekkai Perfectly Luscious Curls **Curl Shaper Cream**, $24; Frédéric Fekkai Salons, Neiman Marcus, Saks Fifth Avenue. Lierac Paris Démaquillant Pureté Purifying **Cleanser**, $24; CVS/pharmacy, Duane Reade. Chanel Chance Eau Fraîche **Body Moisture**, $50; department and specialty stores, chanel.com. Clinique **Almost Lipstick**, $15; Clinique counters nationwide, clinique.com. Essie **Nail Polish**, $8; essie.com for salons. Dr. Brandt Glow by Dr. Brandt **Introductory Kit**, $65; Sephora, sephora.com. Sephora Double Contouring **Cream Blush**, $14; Sephora, sephora.com.

CELEBEAUTIES

PAGE 53: Laura Mercier Crème **Cheek Colour**, $22; lauramercier.com. Chanel Quadra **Eyeshadow**, $57; Chanel, department and specialty stores, chanel.com. Samy Heat Guard Protection **Spray**, $4.99; Rite Aid. Mark Keep It Going Longwear **Eyeliner & Shadow**, $11; meetmark.com. Sonia Kashuk Brilliantly Bold **Hair Brush**, $12.99; Target, target.com. Bobbi Brown Shimmer **Lip Gloss**, $23; bobbibrowncosmetics.com. MAC Chenman **Lipstick**, $14.50; maccosmetics.com.

BEAUTY NEWS

PAGE 54: Dr. Andrew Weil for Origins Mega-Bright Skin Tone Correcting **Serum**, $55; origins.com. Kiehl's Clearly Corrective Dark **Spot Solution**, $49.50; kiehls.com. StriVectin-EV Get Even **Spot Repair**, $49; skinstore.com. Nars Pure Radiant **Tinted Moisturizer**, $42; Nordstrom, narscosmetics.com, nordstrom.com.

Q & TRIPLE A

PAGE 58: Bumble and Bumble **Hair Powder**, $35, and Gentle **Shampoo**, $23; bumbleandbumble.com. Davines Naturaltech purifying **gel**, $30; davines.com for stores.

CONQUER YOUR STYLE FEARS!

PAGE 123: Tucker **pants**, $292; shop.tuckerbygabybasora.com. Vince Camuto **blouse**, $125; vincecamuto.com. 525 America **blazer**, $298; 525america.com. Hamilton Jewelers **necklace**, $495; hamiltonjewelers.com. Biko **necklace**, $75; ilovebiko.com. KumKum **bracelet**, $476; shopkumkumjewelry.com. Gorjana **bracelet**, $50; gorjana.com. Daniblack **flats**, $155; amazon.com.
PAGE 124: Yoana Baraschi **tank**, $205; E Street Denim, Highland Park, IL, 847-433-8338. Hanro of Switzerland **tank**, $135; Saks Fifth Avenue, Bloomingdale's. Eva Franco **skirt**, $163; Big City Blues, Breckenridge, CO, 970-453-3065. Madame Mathilde **earrings**, $175; madamemathilde.com. Rebekah Price **bracelet**, $100; Lit Boutique, Boston, 617-421-8637. Melinda Maria **bracelets**, $150 and $60; melindamaria.com. L.L.Bean Signature **heels**, $159; llbeansignature.com.
PAGE 125: Nars Pure Matte **Lipstick**, $25; narscosmetics.com. Kara Ackerman Designs **earrings**, $200; karaackerman.com.
PAGE 126: BareMinerals Ready **Blush**, $22; Bare Escentuals boutiques, bareescentuals.com. Jennifer Behr **comb**, $225; jenniferbehr.com. French Connection **dress**, $238; French Connection, frenchconnection.com.
PAGE 127: H&M **blazer**, $39.95; hm.com for stores. Brulee **tank**, $128; brulee.net. Talbots **pants**, $119; talbots.com. MiMi by Sorelli **necklace**, $161; sorrelli.com. Kate Spade New York **bracelet**, $148; katespade.com. Stella & Dot **bracelet**, $89; stelladot.com. Isharya **rings**, $178 for 3; isharya.com. Orly **Nail Lacquer**, $7.50; Sally Beauty, Ulta, orlybeauty.com.
PAGE 128: Mango **skirt**, $60; mango.com. Inhabit **turtleneck**, $150; inhabitny.com. Bajalia **necklace**, $120; bajalia.com. Alexandra Beth Designs **cuff**, $168; alexandrabeth.com. Kara Ackerman Designs **rings**, $75 each; karaackerman.com. Candela **flats**, $245; candelanyc.com.
PAGE 129: Laura Mercier Sateen **Eye Colour**, $22; lauramercier.com.

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AMERICA'S HOTTEST HUSBAND 2013. NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Beginning January 6, 2012, at 12:01 a.m. ET through July 9, 2012, at 11:59 p.m. ET, go to redbookmag.com/hothusbands2013 and complete and submit the entry form pursuant to the onscreen instructions, including an essay (500 words or less) on why your husband should be selected as REDBOOK's Hottest Husband 2013. Or mail your entry with first-class postage affixed to: REDBOOK Hottest Husband 2013, 300 W. 57th St., 22nd Floor, New York, NY 10019. Mail entry must be postmarked by July 9, 2012, and received by July 16, 2012. Each regular-mail entry must be typed or printed in ink. Attach 3 recent color photo of your husband (slides or negatives will not be accepted). Entries become the property of the Sponsor and will not be returned. If entering online, please attach high-resolution jpegs (at least 300 dpi). Must be a legal resident of the 50 United States or the District of Columbia age 21 or older. Void in Puerto Rico and where prohibited by law. Contest subject to complete official rules available at redbookmag.com/hothusbands2013.

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It's dinner time in America.
But for 1 in 5 children, you'd never know it.

Dinner time is when families gather to share their day and create memories. But for more than 16 million children, dinner time can be the cruelest part of the day. Right here in the United States, 1 in 5 kids don't know when they will have their next meal. You can help surround kids with the nutritious food they need to thrive. Pledge to make No Kid Hungry® a reality.

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SHARE OUR STRENGTH

JUICY! Confessions TRUE!

Keep quiet **or** confess?

Well, it depends on what you did. Check out the transgressions here (maybe one of them fits the bill? Or *all* of them?) to see where you net out. By Melissa Daly

You had unclean thoughts about your best friend's husband.

You dented the car.

You flushed li'l Swimmy down the potty.

You may have been married slightly more times than you've let on.

How forgiving is your pal, on a scale from Lorena Bobbitt to Hillary Clinton?

Lorena

Hillary

Wait:
It doesn't matter.
NEVER TELL!

Can you blame someone else for the crime? Weren't your lousy kids playing catch in the driveway?

yes

no

Billy! Terrible throw!

Were you spotted by your annoyingly talkative 10-month-old?

no

Phew!

yes

Are any of those previous spouses still alive?

yes

no

Natural causes, we're totally sure...

Can you rustle up a convincing bribe (say, cash, or unlimited animal crackers)?

yes

no

Next time, try a car (Matchbox or Mercedes).

How's your wide-eyed innocent look?

Great

Awful

Cone of silence!

Your conscience: average size or on the husky side?

S-M

L-XL

Fountain of truth!

GUY: MOMENTIMAGES/GETTY IMAGES. CAR: ISTOCKPHOTO.COM. FISH: HIKO MIYAO/A.COLLECTION/GETTY IMAGES. ELIZABETH TAYLOR: MGM/THE KOBAL COLLECTION. TAYLOR'S HUSBANDS, CLOCKWISE FROM LEFT: GETTY IMAGES (3), POPPERFOTO/GETTY IMAGES, WIREIMAGE/GETTY IMAGES (3). BABY: JOHN LUND/ANNABELLE BREAKEY/GETTY IMAGES. BOBBITT, LUCILLE BALL: GETTY IMAGES. CLINTON: AFP/GETTY IMAGES.

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